1001 Autosuggestions

to change your life

সারা পৃথিবী আমার!
যেখানে দরকার সেখানে যাব
যা প্রয়োজন তা-ই নেব
যা চাই তা-ই পাব

Mahajataq

1001 Autosuggestions
to Change Your Life

You can change your life too. Simply identify what you want to change. Which personality traits do you want to attain? Which harmful habits do you want to break free of? Which obstacles do you want to overcome?

You know what you want to change. Now all you need to do is to believe that you too will be able to change your life. This might be difficult at first. Doubts and uncertainties may weaken your resolution. But don't be discouraged. A weapon that can drive away all doubt and uncertainty is within your reach. This wonderful weapon is called autosuggestion.

Autosuggestions are simple words and statements which when repeated over and over change your inner world; create new beliefs and vibrations which eventually change your reality.

The autosuggestions will create a new resonance in your mind and body. Slowly and silently you will start changing from within. You will have a new life.

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Mahajataq

Yoga Foundation
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Dedication

To Professor Emile Coue, who one hundred years ago, helped thousands of people get relief from pain and suffering by reviving the ancient practice of repeating positive statements, which he called 'autosuggestions'.

I believe in my uniqueness.
The power of my soul is fathomless.
The whole world is mine.
I will go wherever I want,
have whatever I desire,
and get whatever I need.
I will serve everyone regardless of
religion, caste or creed.

You Can Change Your Life Easily

To change your life first you need to change your attitude. And to change your attitude the only thing you need is to believe that you can change. And this is not a difficult thing at all. Many people have done this before you! They were born in poverty, brought up amidst misery and deprivation. Yet they grew up to be illustrious and powerful. A P J Abdul Kalam, the famous missile scientist and the former President of India; Soichiro Honda, the founder of Honda Motors; Lula Da Silva, President of Brazil; and Barack Hussain Obama, President of the United States of America; are only a few of the people who have changed their circumstances by changing themselves. Their journey took them from the depth of despair to the height of success. They started with nothing but achieved everything. No one came from the outside to change everything for them. They changed their own lives through their beliefs and convictions and by using the immense power of their brain.

You can change your life too. Simply identify what you want to change. Which personality traits do you want to attain? Which harmful habits do you want to break free of? Which obstacles do you want to overcome? These might be getting well from a disease; overcoming negative emotions such as stress, anxiety, fear or anger; resolving relationship problems; advancing in education or career, or progressing spiritually. Whatever your goal, you can achieve it! So many people have done the same thing before you. Their problems and challenges are now half remembered memories of the past.

You know what you want to change. Now all you need to do is to believe that you too will be able to change your life. This might be difficult at first. Doubts and uncertainties may weaken your resolution. But don't be discouraged. A weapon that can drive away all doubt and uncertainty is within your reach. This wonderful weapon is called autosuggestion.

Autosuggestions are simple words and statements which when repeated over and over change your inner world; create new beliefs and vibrations which eventually change your reality. The ancient spiritual masters were all aware of the tremendous power of repeated positive statements. All the great religions have stressed their importance. For example, Hazrat Mohammad (PBUH), the prophet of Islam, once said that if someone inquires about your well being, say "I am fine, Shokor Alhamdulillah (Thank God)". Scientists did not understand the significance of this statement for a thousand years.

In the beginning of the 20th century, scientists finally began to realize the importance of saying 'I am fine.' French psychologist Emile Coue found in his research that when we say good things again and again good things are attracted to us. Our lives begin to change. Between 1910 and 1926 he helped thousands of patients recover from all forms of diseases including migraine and headaches; asthma, stuttering, gastric ulcer, insomnia, tumor and paralysis in his clinic using only autosuggestions. All the patients needed to do was to repeat 'Day by day, in every way, I am getting better and better.' twenty times in the morning and twenty times in the afternoon. Within a few days their diseases disappeared! Since then the effectiveness of autosuggestions has been proven time and time again in every corner of earth.

Robert Muller, a member of the French Resistance against Nazi occupation during the Second World War used

autosuggestions to escape a life or death situation. Muller writes in his memoir, "Most of All They Taught Me Happiness" about how, under the alias of Pariso, he was able to infiltrate an office of the Vichy government in 1943. There he collected information about the movements of the German soldiers. One day he learnt that Gestapo members were in the premises searching for him. There was no way of escape. In the face of certain death, Muller, who had read Professor Coue's book, started repeating the autosuggestion that he would view the whole thing as a thrilling adventure.

After a while he calmed down a little and decided he would walk out of the office in front of the very eyes of the Gestapo soldiers. He took off his glasses, dampened his hair with water, and lit a cigarette. Then he took a file and walked up to his secretary, who was then being interrogated by the Gestapo soldiers, and calmly asked what was going on. Without blinking an eye, the secretary replied, 'These gentlemen are looking for Pariso.' 'Pariso!', Muller replied, feigning amazement, 'I just saw him on the fifth floor.' The Gestapo soldiers ran to the fifth floor. Muller's friends took him to safety.

Professor M U Ahmed, the pioneer of Applied Psychology in Bangladesh, first applied autosuggestions on himself. In 1934 he became infected with paratyphoid and got admitted in the Mitford Hospital in Dhaka. After four months of failed efforts the doctors gave up hope and suggested that he spend his last days at home. As he was being taken to his hometown Barisal in a boat on the Buriganga, he discovered a new mantra for life. From the deepest part of his being, he kept on repeating *ami bachte chai, ami bachbo,* (I want to live, I will live.) He got better. In 1973, he was declared clinically dead and yet came back to life in the same process.

Prof. Ahmed did not apply autosuggestions only on himself.

Thousands of patients have had astonishing recoveries using autosuggestions in his Medistic Psychotherapy process. For three decades he used autosuggestions successfully for curing psychosomatic diseases.

Since 1993, tens of thousands of Bangladeshi people have been using autosuggestions to overcome every kind of problem imaginable. These people took part in the Quantum Method Course, a meditation course which has been organized more than 480 times over the last three decades, and turned their lives around using autosuggestions, affirmations and goal visualization during meditation.

One came with a 40 year old migraine but left it forever in the classroom. Another who had failed to cure his frozen shoulder with the best medical treatment at home and abroad amazed his fellow course participants by lifting his arm effortlessly. The elderly woman who was crippled and bed ridden for years due to pain now climbs up hills like a twenty year old. The lady who had such severe asthma that she couldn't even open the refrigerator door without an attack now bathes in the rain. Another whose digestion was so poor that she survived on only rice and chicken broth for years is now happily eating everything she wants!

Some came in on crutches or even wheelchairs, but went out walking confidently on their own two feet. Others who had been recommended immediate surgery for their heart problem have been completely healthy for years without it.

One who had failed to sleep for 18 years, even with the aid of sleeping pills, fell asleep peacefully after the first day of class. Another who had such severe death phobia that he never stepped out of his home now happily travels abroad.

The student who had failed to appear in his secondary

school certificate exam for three years in a row is now doing Ph. D. in Harvard. The job seeker who always performed poorly in front of viva boards got a job at the very first try after completing the course. The businessman on the verge of bankruptcy is now making millions. The father who was feared and detested by his children for his bad temper is now the lifeforce of the family.

You might find these stories too good to be true. You may think these were miracles, that these were the lucky few. But there is nothing supernatural about these transformations; they are the result of scientific cause and effect. However, if you still prefer to think of them as miracles, then you too can make miracles happen in your own life. You can be one of the fortunate few. Because now you too have the tool to make the seemingly impossible possible, and that is autosuggestion.

You might ask how some simple words and sentences can bring such great changes in lives. Scientists are beginning to unveil the mystery little by little. Clinical Psychologists have discovered that the human nervous system cannot differentiate between reality and imagination. Whether we actually see something or we imagine it, the same brain waves are created. This is why we laugh and cry when we see movies, though we know they are not real.

Psychiatrists are using this fact effectively in monchhobi (goal visualization), and autosuggestions. Every time you send a positive message to your brain it creates the same brain waves. And after years of research neuroscientists have found that when we send new information to the brain, new dendrites, i.e. new communication paths between the neurons are created. If we continuously send the same message the working structure of the brain changes. The brain then creates a new reality.

Through autosuggestions, you activate the immense storehouse of power in your mind and brain by giving it the same message over and over again. Your mind-body system helps you be prepared for and deserving of what you want. When the process of mind-body transformation is complete the desire turns into reality. The transformation seems miraculous. We see ourselves as destiny's child.

So shake off your hesitation and start right now. Read the thousand and one autosuggestions in this book. It wouldn't take long. Identify the ones you want to apply in your life. Write them down.

You are now ready to practice autosuggestions. The best way to practice is in the meditative level, and the first phase of meditation is relaxation. When our body is relaxed, our mind is more open, more ready to embrace change. A simple and easy process of relaxation is described for you at the back of this book.

Until you learn meditation however, simply sit in a quiet place. Close your eyes. Relax your mind and body by taking a few deep long breaths. Give your entire attention to the autosuggestions on your list. Remember how attentive you are when you are mesmerized by a movie? That much attention is enough. Now repeat the autosuggestions to yourself over and over again. Let your imagination give flight to the words. Repeat each autosuggestion between 20 and 100 times. Practice in this way twice every day. Whenever you get a few moments in the midst of your day-to-day work repeat the autosuggestions. The autosuggestions will create a new resonance in your mind and body. Slowly and silently you will start changing from within. You will have a new life.

Autosuggestion

0.
Live long, happy, strong. Stay young.

00.
Day by day in every way I am getting better and better.

1.
I know I can change my life by changing my attitude.
Everyday I am creating a better life by changing my attitude.

2.
If I can't control my anger, I will be the loser.
I will curb my anger and be the winner.

3.
I am free from the influence of all negative and reactive thoughts and words.

4.
Positive thoughts and actions will ensure my wellbeing.
I am getting everything I want
through positive thoughts and actions.

5.
With good planning and initiative I am becoming self reliant in every respect.

6.
Fortune salutes the brave. I am brave, I am fearless.

7.
Faith is the source of power. I believe, so I will achieve.

8.
I meditate each morning. The rest of the day I carry the mindfulness of those moments with me. My thoughts, words, decisions and actions will be correct.

9.
A critic just criticizes but a model shows the way. I am becoming a model of my beliefs.

10.
Whatever the cause of my suffering, I will never inflict pain on others.

11.
I will never insult anyone, even an enemy, in public.

12.
In response to 'How are you?' I will always say, 'Thank God, I am fine.'

13.
The seemingly impossible becomes possible when in endeavor blood pours out as sweat. I will always welcome hard work.

14.
As God's representative on earth I will do something to nurture His creation today.

15.
My workload is increasing — I am learning to prioritize.

16.
My heart feels deeply, my brain grasps all intricacies, my will is indomitable. I will be the winner.

17.
I will use my intelligence not to win arguments, but to avoid them.

18.
An idiot mistakes an enemy for a friend and
a friend for an enemy. I will wisely distinguish between
enemies and friends.

19.
I am learning to say 'no' to any unwanted desire.
I will never succumb to temptation.

20.
Positive attitude always creates positive resonance and
negative attitude only creates dissonance.
I always concentrate on what I have
instead of what I lack.

21.
Integrity is more important than financial gain.
My integrity will bring me ultimate success.

22.
I am never a part of the problem.
I am always a part of the solution.

23.
If I don't nurture goodness, evil will occupy me.
I will always occupy myself with good thoughts.

24.
I will dress suitably according to my environment.

25.
Honesty and modesty is the easy way into people's
hearts. I am honest! I am humble!

26.
I will never discriminate on the basis of
race, religion, caste or creed.
I will evaluate everyone based on their merit.

27.
People do not listen to the poor,
even when they speak the truth.
I am doing my best to become wealthy and wise.

28.
I am considerate towards other people's
mistakes and shortcomings.
I view their activities with sympathy and understanding.

29.
I am learning useful lessons from everyone,
even my enemies.

30.
I will avoid being in debt.
I will repay any debt at the first opportunity.

31.
I am courteous to all guests,
irrespective of their rank or status.

32.
By nurturing the right attitude I am gaining more health,
happiness and success every day.

33.
Day by day my concentration is becoming
deeper and deeper. I can concentrate quickly and easily.
I can accomplish more and more in less and less time.

34.
I am on the right path. Day by day my inner self is becoming
more tranquil and enlightened.

35.
I am learning to trust my intuition.
I am able to sense the truth spontaneously.

36.
Only fools grumble and complain.
I am intelligent.
I am using tact and intelligence to address
the cause of the complaint.

37.
The things I do when I know
I am not being watched reflect my true personality.
At every such occasion I will watch myself.

38.
One day circumstances will turn in my favor. I am patiently preparing myself to take full advantage of that day.

39.
I always cherish good memories, but I live for today.
I am utilizing every moment
to create good memories for the future.

40.
I will think before every step. Every wise step will create a new foundation for my advancement.

41.
Today I will play a positive role in the life of everyone I meet.

42.
I am learning new lessons from every new experience.
I am progressing with each passing day.

43.
One small change in attitude can help me chart a new course in life. I am ready for this change.

44.
I will greet everyone with love and a smile.
My life will be filled with warmth and intimacy.

45.
Knowledge talks, but wisdom listens.
Today I will listen attentively to everyone and everything.

46.
I will meet my old friends— talk to them— listen to them—
and increase my joy by sharing it with them.

47.
I will notice my competitors' strengths—
not just their weaknesses.

48.
Peace is something I can't afford to lose! I will never do
anything that will destroy my inner peace.

49.
I am truly faithful.
My life will reflect my faith.

50.
He who can conquer his own animal instincts is truly
enlightened. I will be enlightened.

51.
I have a clear goal in life.
Every day I am striving to get closer to it.

52.
To be happy I need to let go of many unnecessary things.
I am learning the art of letting go.

53.
This life is mine. The responsibility to live an
enlightened life is also mine.

54.
I will appreciate others' help, no matter how small it is.
I will thank them sincerely for it.

55.
I enjoy joy and sorrow equally. My life is more colorful.

56.
Silence is golden. Whenever possible I will enrich my life with its golden touch.

57.
The past is already lost. The future is just a promise. Only the present is within my control. I am using it wisely.

58.
I accept the rain to see the rainbow. For me the rain itself is a source of joy.

59.
Love is the balm for all wounds. When expressed it multiplies. I will express my universal love with a smile that warms the heart.

60.
I will care for my family. They will be my source of strength in difficult times.

61.
I am always mindful of my thoughts and words. In this way I am staying on the right path.

62.
I am cleansing the dirt and filth within me by doing good in response to evil.

63.
Modesty has no cost but high benefit. My modesty is helping me win hearts and minds.

64.
Every day I am serving more and more selflessly. By doing so I am growing closer to God.

65.
Every moment is precious.
I will not waste any in finding faults in others.

66.
I will always be immersed in good work.
My work will be source of my joy.

67.
Honesty and integrity are the foundation of inner security.
I will always be honest with myself.

68.
I will never be anxious about results.
I will just continue doing my work in the right way.

69.
My daily actions will reflect my deepest values.
My life will be a model of my values.

70.
Regular meditation will greatly improve
the quality of my thoughts,
decisions and expressions.
I am meditating regularly.

71.
The state of the mind is always influenced by the state of the body. So I will practice Quantum Yoga regularly.

72.
Time is a blessing from God. Each moment
His grandeur manifests itself in countless ways.
By using time properly I will be in tune with His grandeur.

73.
Every day I find spontaneous solution to
every problem through proactive steps.

74.
Submission to God brings enlightenment.
I have submitted myself to him.
He will be my source of strength and guidance.

75.
Prayer and meditation will lead me in the right direction.
Surely I will achieve my goal.

76.
Feeling helpless is an insult to the soul.
I have the ability to do many things.
And I will do something great.

77.
I try to understand.
This is why I am understood.

78.
Everyone wants to be loved; only a blessed few are ready to be selfless in love. I am among the blessed few.

79.
I have infinite possibilities. I am building a citadel of success from the ashes of my failure.

80.
Blessed is the person who can see rainbows in thunderstorms. I am that blessed one.

81.
All harmful ideas, beliefs and traditions are ignorance. Ignorance is the true cause of misfortune. I am removing the darkness of ignorance with the light of true faith.

82.
I will accept the present in its totality. It will give me the tools to move forward into the future.

83.
With every challenge come new opportunities.
I will always seize the opportunity.

84.
Frustration and anxiety indicates our distance from God.
Whenever I feel anxious I will turn to prayer.
It will bring me closer to God.

85.
Reactions close doors and actions open up new horizons.
I have the courage to act instead of react.

86.
I am proactive. I will exercise my power to act
and enjoy the joy of action.

87.
If I like a rose, I must accept the thorns!
Without the thorns the rose would not exist!

88.
I will have to face the consequences of my actions.
So all my actions will be positive.

89.
Through regular meditation I will gradually become
a spiritual being having a human experience.
This is the way of the enlightened.

90.
Proactive people make calm and practical decisions aligned
with their values under all circumstances.
I will always be proactive.

91.
He who is free from all fear is the enlightened one.
I will be enlightened.

92.
I am in tune with nature. With nature's help
I am progressing easily and spontaneously.

93.
Success starts in our minds.
My mind is ready to accept success. I will be successful.

94.
Forgiveness is divine. I am nurturing forgiveness.
My life will be blissful.

95.
Every day I have a role to play. I am playing it gracefully.

96.
Religion teaches honesty and niceness.
I am honest. I am nice.

97.
I cherish my freedom to choose and I choose happiness.
Suffering will stay far, far away from me.

98.
Anxiety is an impurity of the mind.
Through relaxation and right attitude
I will make my mind pure and tranquil.

99.
It is easy to find faults in others but difficult to find
one's own. I will do this difficult task.

100.
Uncleanness is an impurity of the body. I will keep my body
clean and enjoy the feeling of cleanliness.

101.
I am responsible for my own health.
I am doing everything I can to keep myself healthy and fit.

102.
I am becoming a self conquering hero by freeing myself from all addiction and bondage.

103.
The power to control my moods is within me. My moods will always be under my control.

104.
Leadership is the ability to take necessary action without waiting for someone else's suggestion.
I have the capability to lead. Whenever in need I will lead.

105.
When I go to bed at night I will take three things with me : love, hope, and forgiveness. And I will wake up in the morning with the song of success in my heart.

106.
I read good books. So I have the knowledge and information to assess any situation and make the correct decision.

107.
Of all the liars in the world sometimes the worst are one's own fears. Yes, I can say I am free from all fear.

108.
One of the simplest facts of life is that to get where I want to go, I must keep on going. I will be persistent in my work.

109.
A tourist takes his own environment wherever he goes, a traveler learns from his surroundings.
I am a traveler — not a tourist.

110.
Family is the best human source of emotional security. I am devoting time to nurture my family.

111.
Selfish acts burden and cloud the soul.
Selfless service enlivens and illuminates the soul.
Whenever I get the opportunity I will serve selflessly.

112.
Instead of punishing my body with canned and processed food I will nourish it with natural and healthy food.

113.
Faith in action creates success.
Faith and initiative can surmount all barriers.
I will take initiative with faith.

114.
Enthusiasm is the greatest asset for success.
It beats money, power and influence.
I am a real enthusiast.

115.
Common hobbies and interests make conversation more interesting. I am developing interesting hobbies.

116.
I live every day as if it were the last day of my life.

117.
A word spoken in wrath is the sharpest sword.
The words I speak will always be pleasant.

118.
Vigorous and honest work elevates life.
My activities will be vigorous and honest.

119.
Daydreaming is the loafer's escape. 'Impossible' is the coward's excuse. I will take practical steps to make the seemingly impossible possible.

120.
The honest and the industrious are respected in every community. I am honest, I am industrious.

121.
A healthy body and a lively mind are the greatest assets one can have.
I am trying my best to maintain a healthy body and mind.

122.
I will listen to all points of view and consider both sides of the argument. This is the way of the exceptional.

123.
I will always be humble and diplomatic in expressing the truth.

124.
I will help everyone enjoy the fruits of their labor.
And my own life will become more fruitful.

125.
Ignorance is the darkest night that befalls a person.
I will spend time to enlighten myself and others.

126.
We nourish our soul by sharing food with the hungry.
I will do something for the hungry today.

127.
The light of true knowledge can lift the darkness of ignorance.
When ignorance is removed, we rise above our selfishness, redeem our sins and transform our suffering into joy.
I will acquire true knowledge.

128.
The truth prevails in the end.
I will always stand for the truth.

129.
The mind always leads the body.
My body will always follow my enlightened mind.

130.
Fortune favors the brave.
I am brave.
I will free myself from all addiction and bondage.

131.
Fear keeps us in bondage. I will awaken my inner power and conquer my fear. Victory is mine.

132.
My goal is to achieve complete control over my habits.
By breaking free of harmful habits
I will enjoy true freedom.

133.
I will transform my hatred and anger into universal love and express my love through service.

134.
When I speak to a patient I will say, 'You will recover soon'.
I will tell him about people who recovered
quickly from the same disease.

135.
Even in the face of death my faith will be unshakeable.

136.
I learn truth from life itself.
Without experience no truth will ever be truly mine.

137.
An animal's pleasure is sensual, the common man's intellectual and the enlightened's spiritual.
I will follow the path of the enlightened.

138.
Whatever I think will come true.
My noble thoughts will help me create a noble life.

139.
I will always say the right thing at the right place
at the right time.

140.
I will create my own future, command my own destiny,
and take charge of my own life. I will be happy.

141.
I always try my best to live up to my ideals.

142.
A calm mind can accomplish anything.
Through regular meditation my mind is becoming
more and more tranquil every day.

143.
My empathy is an inseparable part of my being.
I will express my empathy in my daily actions.

144.
My consciousness is expanding.
I will be able to understand and
analyze everything correctly.

145.
Faith without action is hypocrisy. I will trust only those
who practice their faith— not hypocrites.

146.
My faith is my greatest source of strength.
I will practice my faith sincerely.

147.
Every morning I will tell my spouse 'I love you'.

148.
Charity and forgiveness bring inner peace.
I will make these two my lifelong companions.

149.
I will learn and remember people's names.
My ability to remember people's names
will help me win their hearts.

150.
I will participate effectively in any discussion.

151.
With death we start the next phase of our cosmic journey.
I will prepare fully for that phase.

152.
Wisdom is the wellspring of my thoughts.
All my thoughts and actions are guided by wisdom.

153.
Not love but lust is blind. People are blinded by lust.
True love liberates us from lust. I am a true lover.

154.
I will be truthful, gentle and diplomatic.

155.
Whenever possible I will volunteer for social and
charitable activities.

156.
Whenever possible I will visit ailing friends and
relatives and pray for them.

157.
Religious extremism leads to the death of our soul.
True religion always preaches the middle path.
I too will follow this path.

158.
A good listener influences others more easily
than a good speaker. I will listen attentively.

159.
Real help always comes from within.
I will seek help within, not beyond.

160.
Quarrelling and backbiting is harmful for myself and others.
I will refrain from quarrelling and backbiting.

161.
I will join in singing the national anthem with
spontaneous enthusiasm.

162.
Whenever I get the chance, I will write a letter to the
newspaper editor about someone's good deed.

163.
I will judge a man by his virtues and help him see them,
so that he can overcome his vices.

164.
I will always keep my workplace neat and clean.

I65.
I am free from all doubts and uncertainties.
I will enjoy my life fully.

166.
I will meditate every day to listen to the music of my soul.
Meditation will become a daily habit.

167.
Whoever rises, rises from dust.
Whatever my present condition be, I will rise above it.

168.
I will be the master of my mind so that I can say,
'Yes, it's my mind!'

169.
I will always return phone calls.

170.
I am honest and fair in all my dealings.

171.
I will be as attentive to my family as I am to my guests.

172.
I was born to be happy.
Positive steps will increase my happiness.

173.
I will never make others wait for me.

174.
I enjoy difficulties. They strengthen my mind
just as exercise strengthens my body.

175.
Discipline, mindfulness and wisdom lead to bliss.
I will follow this way of the sages.

176
The companion of wisdom is patience.
My patience will sharpen my wisdom.

177.
I am keeping my eyes, ears, and mind open all the time,
so that I can learn something new each day.

178.
I love my country. I am developing my talent and skills
so I can be an asset for my country.

179.
I will start my day with hope and conviction.
Things will turn out to be so.

180.
Real strength is born in deep silence.
I will regularly observe silence.

181.
I will always note down messages carefully including the name, time and phone number.

182.
Debt is like cancer. It silently destroys a person from within.
I will always be free of debt.

183.
My work energizes me.
The more I work the more energy I have.

184.
I will integrate my thoughts, words and deeds.
I will do what I say and say what I think,
of course with good intentions.

185.
Faith is the foundation of my life. My foundation is solid.

186.
I always keep myself busy and I am happy because
I have no time to worry.

187.
I will learn something new every day.
In this way I will stay vibrant and jubilant.

188.
Steady, determined and purposeful action is the process of my prayer. And it will always be answered.

189.
I am stronger than my pain, my suffering.
I will triumph over all adversities.

190.
If I have nothing positive or encouraging to say I will remain silent. But if I have something encouraging to say I will surely say it.

191.
Success is not Aladdin's lamp. It is a process.
I will follow the process.

192.
I wish the best for everyone. I give priority to others' needs.

193.
I have found my calling.
Now I will work tirelessly to answer the call.

194.
Opportunities are everywhere. In my journey of success I will always be prepared to make wise use of every opportunity.

195.
Today I will take an important step towards achieving my goal.

196.
I will never be discriminating in serving others.
I am always ready to serve anyone in need.

197.
I rejoice as much in the success of others as I would in my own.

198.
I can think, I can endure and I can wait.
Victory is mine.

199.
I know marriage is falling in love with the same person every day. Each day I will fall in love with my husband/ wife in a new way.

200.
With faith, love and compassion
I am turning my marriage into a blessing.

201.
Understanding myself will help me understand others.
I will engage in deep meditation to understand myself.

202.
My faith, my hope and my endurance have no limits.
I shall overcome all odds.

203.
Good books are as important as good friends. I will always be careful of the books I read and the company I keep.

204.
Every moment of this day is full of possibilities.
I will use every moment wisely.

205.
My inner strength will express itself through planned action.

206.
I have faith in my aspirations.
Faith and a positive attitude will ease my efforts.

207.
My genuine attention to others' needs will help me win a place in their hearts.

208.
Food is God's blessing.
I will always pray and thank God before I eat.

209.
My religion teaches good behavior.
Good behavior is my fragrance.

210.
Charity drives away poverty and misfortune.
I will donate regularly.

211.
I need people's support to achieve my noble goals. My love and compassion are helping me to gain their support.

212.
I know God's blessings are always with the righteous.
I am on the right path. I will prevail.

213.
Regular blood donation lessens the risk of cancer and heart disease. I will donate blood regularly and encourage others to do so.

214.
I bring joy to wherever I go and whomever I meet.

215.
Prayer is a power and a process that brings good fortune.
I will be mindful in my prayer.

216.
My heart is filled with universal love.
I can forgive easily.

217.
My mind is open to receiving new knowledge.
I will easily sense the inner meaning of everything.

218.
Suffering is the root of new wisdom.
I will transform my suffering into strength.

219.
I will pray with complete devotion.
As soon as I start to pray my mind will be free of all superfluous thoughts and dwell only on God.
Every prayer will become a union with God.

220.
Today I will feel exhilarated by the lessons I learn from nature.

221.
I will always avoid negative and pessimistic people.

222.
I am proactive. I will accomplish everything in a timely and planned way following the guidance of my wisdom.

223.
I will refrain from gossiping and backbiting at the dining table.

224.
I love my children unconditionally.
I am devoting ample time and attention to nourish their hearts and minds.

225.
I will tackle every situation with tact and confidence.

226.
I am aware of the infinite potential of my brain.
I will use my brain more and more.

227.
I will always be with the sangha (association of good people). Together our talent will blossom fully.

228.
I am a good learner.
I am ready to learn.
I will learn easily.

229.

We are a great nation. By developing our talents and abilities we are becoming the greatest nation on earth. We will lead the world in serving everyone irrespective of religion, caste or creed.

230.

From this moment on, I will remember the essential parts of everything I see and hear.

231.

This life is mine. Its responsibility is also mine. Self reliance and punctuality will be the foundation of my success.

232.

Pettiness is demeaning. My mind is as broad as the sky.

233.

In all worship or prayer I will seek God with mind, body and soul. My whole being will be surrendered to God.

234.

Being in debt is degrading. I will be free of debt.

235.

I am with the truth. So I am not alone. The Lord is with me.

236.

I will consider all options before I make a decision. I will face reality in a practical and effective way.

237.

I have the creativity and courage to face any problem. My creativity and courage will help transform every problem into a new possibility.

238.

There is no fire like lust and no crime like hatred. I will be free of them both. And this is the way of the enlightened.

239.

A warm heart and a cool brain makes one truly great.
I am following the path of greatness.

240.

I have a magnetic personality.
I spontaneously attract all good things to me.

241.

I am a good speaker.
My sincere words will inspire others naturally.

242.

I will follow my plan. I will not let others divert me from it.

243.

Silence is revolutionary. All mental
revolutions were born out of silence.
I will use every opportunity to enjoy silence.

244.

I will always live in the present and make it a habit to
utilize every moment.

245.

Every time I help the downtrodden my inner power increases.
I will help someone downtrodden today.

246.

I will take positive steps towards my goal
coolly and courageously.

247.

Knowledge and courage can move mountains.
And I have both.

248.

Only those who dare truly live. I dare.
I will enjoy life fully.

249.
I am unique and beautiful in my own way.
My talent is blossoming in a thousand
different dimensions.

250.
At the first opportunity I will thank everyone
who has helped me.

251.
I will view every problem as a challenge.
Through correct strategy I will transform
every problem into a new possibility.

252.
Pride is the cause of downfall.
I will be humble in words and deeds.

253.
Anger brings defeat. I will control my anger.

254.
A steady flame can rekindle others.
Today I will help a friend whose flame is flickering.

255.
One's attire is a reflection of one's taste and personality.
I will always dress decently and appropriately.

256.
He who laughs often lives well.
I will laugh and make others laugh.

257.
I will take action against the problem confronting
me and then I will turn to the Lord.
Every problem will transform
into a new possibility.

258.
Insults are like counterfeit coins. I can't avoid being given them, but I can refuse to accept them.

259.
I will not wait for help. I will start from where I am with what I have.

260.
Whatever comes, the Lord is with me. I will prevail.

261.
Day by day my feelings are becoming kinder, my thoughts purer, my words nicer and my silence deeper.

262.
I will forgive others as many times as I want God to forgive me.

263.
Sleep or drowsiness dilutes the quality of meditation. When I meditate my body will be relaxed, but my mind will remain alert. I will be able to tune in to the invisible rhythm of nature.

264.
Yes I can laugh even at my troubles.
Soon my troubles will become bubbles and evaporate.

265.
In religion I will never cross my limit. I will sincerely practice my faith and safeguard other people's right to do so.

266.
Every moment is precious.
I will utilize every moment of the day.

267.
The enlightened brings sunshine into the lives of those who dwell in the darkness of depression.
I will follow the path of the enlightened.

268.
I will meditate regularly. I will remain free of anger, hatred and jealousy.

269.
By letting someone else make me angry I am giving him control over me. Only I will be in control of myself.

270.
I always speak with a smile. No matter what the other person says, I stay proactive.

271.
All possibilities reside within me. With blessings from God, my inner strength will turn them into reality.

272.
I know self-control gives birth to self-respect. I will have complete control over myself.

273.
Gratitude gives birth to tranquility and tranquility gives birth to creativity. I will nurture my creativity by becoming more grateful.

274.
I am optimistic, appreciative, confident, active and open. Success will be mine.

275.
I will live a long, healthy, happy and enlightened life.

276.
Day by day I am becoming more confident and courageous.

277.
My wealth and wisdom is increasing day by day.

278.
God is forgiving. So I too will forgive others.

279.
Admitting ignorance is the first step in learning.
I will openly admit my ignorance to my teacher or guide.

280.
No one else is exactly like me. I am unique.
Today I will celebrate this feeling of uniqueness.

281.
I know every moment is precious, so I promise to spend each moment for the greater good.

282.
I am enjoying meditation. Every day my meditative level is becoming deeper and deeper.

283.
I am confident. I can face any situation calmly.

284.
I will always be on time. I will try my best to keep my word and appointments.

285.
I want to live. I will live. I will have a long, healthy, happy life.

286.
I have complete control over my mind and my senses.

287.
We nourish our soul by quenching someone's thirst.
I will always use this opportunity to get God's blessings.

288.
He who believes achieves. Belief increases our strength manifold. I am a true believer and so I am a real achiever.

289.
I will use my intelligence to avoid arguments and animosity.

290.
Only fools seek leisure. Smart people seek more and more activity. I am smart. I will lead a busy and active life.

291.
Prayer is never answered unless it is accompanied by action. I will pray and act simultaneously.

292.
I will not waste time in idle gossip. I will spend my time according to my plan.

293.
I always follow the rules and do the right thing at the right time.

294.
Happiness is my birthright. The right attitude is helping me establish my right.

295.
My appearance is the first thing people notice about me. I am always careful about my appearance.

296.
My mindfulness is increasing day by day.

297.
Imagination is more powerful than knowledge. I will use my imagination creatively to solve my problems and reach my goals.

298.
I am the first to greet others and inquire warmly about their well being.

299.
Charity and forgiveness bring inner peace. I will make these two my lifelong companions.

300.
Self analysis is the key to self development.
Before I go to bed I will evaluate my activities of the day.

301.
I never hesitate to say, 'I don't know.'

302.
I will consciously refrain from criticizing anyone
when I am speaking.

303.
Everything I wish for myself I will wish for others.
Then their happiness will turn into my own.

304.
I will be attentive when a person introduces himself.

305.
I never say anything based on suspicion.
I only say something when I am certain of its truth.

306.
With regular meditation my consciousness is
transcending all barriers.

307.
I am trying my best to harmonize myself to natural laws.

308.
Whenever I get the opportunity I will take part in charity and
inspire others to do.

309.
Prosperity is freedom from the feeling of scarcity.
I am progressing spontaneously on the path of prosperity.

310.
I will be just and fair to all.
I will never perpetrate any injustice.

311.
I will cut my coat according to my cloth.
I will always avoid debt.

312.
Truth is powerless without skill. And skill is meaningless without truth. I am honest, I am skillful.

313.
I was born to do something great. I will achieve greatness with unshakable faith and tireless effort.

314.
I care about how I live my life. Day by day
I am improving the quality of my life.

315.
Bigotry tries to keep truth safe in its hands with a tight grip that kills it. My mind is open, so my faith is true.

316.
It is not our birth but our work that determines our greatness. I too will attain greatness through my work.

317.
I will do unto others what I want others to do unto me, and I will do it first.

318.
If I ever make a mistake I admit it right away.
I apologize sincerely and make amends immediately.

319.
I am always nice, even to those who are rude to me.
Nice behavior will bring me victory.

320.
Every human being is unique.
I judge everyone by their unique characteristics.

321.
I will identify the faults in my behavior every day.
Good behavior will become a habit.

322.
Only fools wait for others' help.
I am smart. I will start with what I have.

323.
I will use the word 'Opportunity'
instead of the word 'Problem'.

324.
Extravagance brings downfall.
I will always be economical.

325.
Fools repeat the same mistakes.
I am learning from my mistakes every day.

326.
Extremism brings downfall.
I will follow the middle path in everything.

327.
Jealousy destroys all good qualities. I am getting rid of
jealousy and nurturing my good qualities.

328.
When I say 'I am sorry' I mean it.

329.
Everything in civilization was created by human beings.
I am human. I have infinite potential.
I will utilize my potential.

330.
In any discussion, I will express my views nicely,
concisely and sincerely.

331.
I will always speak logically.
The logic in my statements will convince others quickly.

332.
A foolish friend will ultimately cause irreparable damage.
I will stay away from fools.

333.
I know, 'if you get angry, you lose'.
So I will always think and act calmly.

334.
I will consciously refrain from saying anything
that might cause conflicts or controversies.

335.
I think before I give someone my word.
But once I do I keep it.

336.
Seeking and distributing knowledge is the best of all work.
I am dedicating myself for the best.

337.
To resolve any misunderstanding I will always talk directly to the concerned person.

338.
My memory is perfect.
I can spontaneously remember what I need when I need.

339.
I am free from self-destructive shyness and inhibition. I have confidence in myself. So others have confidence in me too.

340.
I will accomplish all planned work with energy and enthusiasm. Every task will bring deep satisfaction.

341.
I will follow someone's good example but never imitate them.

342.
I will look at each moment with the curiosity of a child.
Joy and contentment will be mine.

343.
I will begin each day with the words, 'Thank God/ Shokor Alhamdulillah/ Hori Om!/ Lord, thank you for a new day!'

344.
Ordinary people get satisfaction from acquiring.
I am enlightened. I get satisfaction from donating.

345.
What I can do today I will do at the first chance.
I will never leave it for another day.

346.
My mind and my thoughts are clear,
tranquil and luminous. I am expressing
my uniqueness in every thought and action.

347.
One by one I am washing away all toxic emotions out of my system. My heart and soul will glow with the light of truth.

348.
Prosperity comes from transforming talent into service.
I am progressing on the path of prosperity.

349.
My mind will be peaceful, alert and attentive when I study.
I will learn faster and faster every day.
I will easily comprehend and remember everything I read.
When necessary I will express it effectively
in speaking and writing.

350.
My inner strength can make my life prosper.
I am nurturing my inner strength.

351.
I give everyone the respect they deserve.
In return I am respected too.

352.
I have control over my appetite.
I will resist the temptation to overeat.
I will always eat in healthy amounts.

353.
I will never make promises, issue orders, make pledges or render punishments when I am angry.

354.
A child is a sacred responsibility from God.
I will nurture my child's physical, mental and moral strengths and help him become an enlightened person.

355.
I have self-restraint and self-control.
The joy of purity is mine.

356.
I am developing new habits for myself.
My new habits will show me the path of liberation and help me create a new reality.

357.
Idleness is the highway to hell.
I will lead a planned and active life.

358.
I will devote my talent, labor, wealth and time in the service of humanity. I will try my best to fulfill others' needs.

359.
I always start with some extra time in my hands.
I never resort to giving excuses for being late.

360.
I always maintain written documents of
all financial transactions.

361.
I always avoid the sort of relationships that are
offensive to others.

362.
I love my country.
I will do something for my country today.

363.
I am establishing a wonderful
rhythm of sleep and wakefulness.
I can sleep and awaken at will.

364.
Knowledge is my strength. Persistence is my armor.
Skill is my weapon. Success is mine.

365.
I will avoid impulsive shopping. I will buy only essential things.

366.
A good follower makes a good leader.
I am a good follower, and I will be a great leader.

367.
Every moment is precious. I will spend each moment in a
planned way for the benefit of myself and others.

368.
Soft and energy drinks open the door to the world
of addiction. I will say `no' to these harmful drinks.

369.
I know true strength lies in togetherness. I will always be with the sangha (association of good people).

370.
Anger, hatred and jealousy give birth to chronic diseases. I will be free of these negative emotions.

371.
Taking obligatory gifts to social functions is a social disease. I am free of this disease.

372.
I will exercise self-restraint in sexual habits and behaviors. I will refrain from harmful and degrading sexual thoughts and behaviors.

373.
I will not engage in post-marital activity before marriage.

374.
I will only choose someone with similar values and ideals as my friend or life partner.

375.
Fear has no real basis. Its root is in the past. The present and the future are its helpless victims. I will protect my future from this ruthless predator.

376.
I will meditate regularly. Each meditation will give birth to deeper insights and realizations.

377.
I am the master of my thoughts. My mind will obey only me.

378.
Excellence is rewarded in all ages and places. I am striving for excellence.

379.
My humane emotions are becoming stronger every day.
I have more empathy for everyone.

380.
Every day I pray for the health and success of others.
In return I am gaining more health and success myself.

381.
I will always take genuine care of my guests
without being superfluous or wasteful.

382.
As a guest I never stay so long that my hosts
are inconvenienced.

383.
In addition to self development,
I will spend some time each day
in the service of humanity.

384.
I will never make a joke at someone else's expense.
I will treat everyone with dignity and respect.

385.
When I am on my morning walk I will repeat to myself,
'Live long, happy, strong, grow young'.

386.
I always protect people's privacy and possessions.

387.
My urge to donate is increasing day by day.
I am here to give and I will give with open arms.

388.
Smoking leads to cancer.
I will stay away from smoking and smokers.

389.
Breakfast like a king, lunch like a prince and dine
like a pauper — this is the rule of healthy eating.
Following this rule is keeping me healthy.

390.
I will rise above gender discrimination.
I will judge everyone by their merit.

391.
Planting trees is an act of charity with an eternal effect.
Whenever I get the chance I will plant trees.

392.
I am sinking into a deep and peaceful sleep.
I will wake up exactly at… am/pm.
I will dive into the day's work
with zest and enthusiasm.

393.
Work keeps worries away.
I am always busy in constructive work.

394.
I will always have a balanced diet.
Healthy eating habits will help me gain a long, healthy life.

395.
I am a smart consumer.
I never buy low quality or overpriced goods.

396.
Knowledge is meaningless unless it is used for the good.
I will utilize my knowledge in a meaningful way.

397.
I will maintain direct communication
with all my acquaintances.

398.
Whenever I have the opportunity I will remove pebbles, litter and other obstacles from the footpath to help the pedestrians.

399.
Nothing has the power to perturb me. I am always in peace.

400.
I will support my family and friends in everything beneficial. But I will consciously avoid being a part of anything harmful.

401.
Accepting dowry is a heinous crime. I won't take dowry. I will discourage others from giving or accepting dowry.

402.
I have a responsibility towards my community. Whenever I get the chance I will write against crime and injustice.

403.
I will always eat attentively with gratitude to the Lord. Eating will turn into worship and become the source of health and vitality.

404.
No one likes a rude person. My genuine warmth and niceness will help me win hearts and minds.

405.
I will follow the principles of healthy eating and finish my meals while I am still a little hungry. I will be healthy.

406.
I will be totally immersed in each activity. Then each new work will become a new world, a new life, a new horizon of joy.

407.
I will take care of orphans and destitutes. God will take care of me.

408.
To receive God's grace I must attune myself to His wishes.
I will always be engaged in God's work.

409.
My daily habits will reflect my deepest values.

410.
Age does not bring aches and pains,
diseases and ailments do. I am free of disease.
I will be youthful and exuberant at all age.

411.
Goodwill towards all is the true essence of all religion.
I am religious, so I have goodwill for all.

412.
Those who are eager to please others are never happy.
I will strive to do the right thing, not the popular thing.

413.
I will do my best to bring literacy to as many people as I can.

414.
I help my family in house work.
I sense everyone's needs and take steps to fulfill them.

415.
I will control my negative instincts,
use my time constructively and curb all sorts of
extravagance. I will be happy.

416.
Gluttony leads to the death of our inner self.
I will control the tendency to overeat.

417.
I will never trust a liar.
I will avoid all transactions with him.

418.
As a host I am gracious and attentive.
I see my guests to the door when they leave.

419.
When I visit someone I don't take too much of their time.
I never cause inconvenience to them or hamper their work.

420.
I am always open to new knowledge.
So I will always be able to reach the right decision.

421.
If I train my mind the way I train my body
it will be free from the control of harmful desires.
I will use every opportunity to train my mind in this way.

422.
In any crisis or emergency,
I will generate the Quanta sound silently or aloud (say the Quanta sound in your mind…) or
do the Quanta sign (do the Quanta sign with your hands).
As soon as I make the Quanta sound or sign
I will connect to the universal consciousness.
I will be able to use my mental and physical
abilities fully for the benefit of myself and others.
I shall make the best decision in light of the situation.

423.
Common people seek happiness in the satisfaction of physical desires. Intellectuals seek it in knowledge
and the enlightened seeks it in spiritual pursuit.
I will follow the way of the enlightened.

424.
I will always stand by the oppressed.
If I cannot help them directly I will pray for them.

425.
I will always appreciate people's good qualities.
I will encourage them in good work.

426.
I will always greet others with a smile.
I will address everyone with proper respect.

427.
Inquisitive people make inspiring speakers.
I am nurturing my desire to know more and more.

428.
I will find out where my talent lies. I will use my talent boldly and intelligently to reach the pinnacle of success.

429.
Every day I will read something that will help me progress.

430.
Opportunities are everywhere. With sincere efforts I will transform every opportunity into an achievement.

431.
Happiness gives flight to our imagination and creativity.
I will start my day's work with a happy feeling.

432.
I was born to be successful. Gratitude and good deeds will bring me more and more success each day.

433.
My destination is fixed, but my path may change.
If necessary I will reach my destination
through a different path.

434.
I will carry out my responsibilities and fulfill my promises with conviction and determination.

435.
I do not need to wander here and there to find the truth.
The truth lies within me.

436.
I am rising above bias and favoritism. I am just and fair to all.

437.
Prayer soothes the mind.
Whenever I get the chance I will pray.

438.
Meditation, group effort and selfless service is the ladder to uniqueness. I will climb up this ladder step by step.

439.
Proactive people are intelligent, value driven, pragmatic and they know what is to be done. I will always be proactive.

440.
I will stay away from gossip, backbiting, arguments and controversies in social gatherings.

441.
I will enlighten myself and others with the knowledge of the enlightened life. My life will be blissful.

442.
Nothing great can be achieved alone. I will develop my organizing capacity through group activities.

443.
No one is successful at birth. We reach the
height of success step by step.
When I take the first step it will lead me to the next.

444.
Doing good deeds is my religion.
I will lead in practicing my religion.

445.
I work hard but never allow stress to interfere with my work.

446.
I know my purpose in life.
This knowledge is helping me develop in the right way.

447.
A tranquil mind accelerates the healing process.
My mind is tranquil. I have the natural ability to stay healthy.
I will be healthy.

448.
Inner strength is expressed through a tranquil mind and planned action. My strength comes from within. Victory is mine.

449.
I will speak words of solace to anyone in pain.
I will help ease their pain.

450.
I will evaluate my work regularly.
As a consequence my work will become flawless.

451.
I am aligning myself to God's will.
My salvation is guaranteed.

452.
My faith is unshakable, my hope unyielding, my efforts tireless, my labor joyous and my service selfless. Victory is mine.

453.
I will never indulge in idleness and procrastination.
I will never leave for tomorrow what I can do today.

454.
Mindfulness takes boredom away from work. I will be mindful in all my work. My work will be my source of joy.

455.
By being in tune with nature,
I will create a balance among my mind, body and soul.

456.
Whenever I cannot or will not do something,
I will politely say 'no' in the very beginning.

457.
My body may have limitations but my soul does not.
The infinite power of my soul will help me reach my goals.

458.
My purpose in life is clear.
I know I was born to do something great.

459.
If I can conceive, if I can believe, I can also achieve.

460.
Meditation helps us dive deep within our own being.
It enlightens us with new knowledge and realizations.
It connects us to our true selves.
I will meditate regularly.

461.
I will learn from everyone regardless of their age.

462.
I will always seek the advice of experts and well wishers in matters I do not know.

463.
I will transform every failure into a pillar of success.

464.
I will never say anything that may disturb the peace and harmony in my family.

465.
Keeping bad company always causes downfall.
I will keep away from bad company.

466.
A grudge is a poison we drink ourselves expecting someone else to die. I will never harbor a grudge.

467.
Honesty and tireless efforts are the keys to success. I am honest. I am tireless in my efforts. Success will be mine.

468.
I will never make false promises.
I will tactfully avoid arguments and controversies.

469.
No matter how small the task,
I will do it to the best of my ability.

470.
Superstition and dogma lead to slavery.
True faith brings liberation.
I am a true believer.
I will enjoy true liberation.

471.
Before I change the world I will change myself
in the light of my beliefs and ideals.

472.
I am a believer. I am not alone. The Lord is with me.
I will be victorious.

473.
I will take an active interest in the joys and sorrows of my neighbors. Whenever needed,
I will give them my support and cooperation.

474.
I will be watchful of my own behavior.
I will behave nicely both in public and in private.

475.
I will choose the right course of action in the light of my beliefs. I will progress with the spontaneity of a flowing spring. Success will be mine.

476.
I never do anything against my conscience.
I have the satisfaction of a clear conscience.

477.
I will respect and protect people's privacy.

478.
I am learning to accept criticism with ease and use it for my benefit.

479.
I am unique. In every thought, word and action I will express this uniqueness.

480.
I have a headache/ I have slight discomfort in my head. I don't want a headache/ I don't want any discomfort in my head. I want health and vitality. When I finish counting from 0 to 7 and reach the normal conscious level my headache will be gone. I will feel lively, elated and exuberant.

481.
My life has a noble mission. Every day I am getting one step closer to fulfilling my mission.

482.
Before I change others I will change myself.
Every day I am changing a little for the better.

483.
I have the courage to admit my mistakes. If I make any mistakes I will apologize at the first opportunity.

484.
Any mockery or criticism will increase my enthusiasm manifold.

485.
I will tackle every situation calmly and intelligently.
I will remain positive even if the situation goes out of control.

486.
I will decide what to eat and drink based on the nutritional requirements of my body.

487.
Each day I will spend some time in service of deprived humanity. In return my life will be enriched.

488.
I will think before I speak about others. Then I will be able to plant the seed of success in their minds.

489.
True faith is the foundation of all achievement. Faith develops talents, utilizes capacity and builds expertise. My faith is true.

490.
With proper time and work management my life will flow like a spring. This will be the foundation of my advancement.

491.
I will always have the courage to take the risk associated with an opportunity.

492.
When there is a misunderstanding with a member of my family I will talk to him or her directly. As a result the situation will be resolved quickly.

493.
For a peaceful, prosperous and trouble-free life
I will regularly donate to charity.

494.
I will identify my own mistakes.
As a result my skill and expertise will
develop more and more.

495.
In all conditions and circumstances I can say,
'Thank you Lord! Thanks for everything!'

496.
I will remember the lyrics and melody of the song perfectly.
Whenever I sing or play an instrument,
I will perform with natural skill and genuine emotion.

497.
When I am at the playing field I will be at the
peak of my mental and physical capacity.
Victory will be mine.

498.
I will work not to satisfy my greed or lust but
only to satisfy my Lord.

499.
I am meditating twice every day. With each meditation my
meditative level is becoming deeper and deeper.

500.
At least 20 times a day I will say, 'I am fine.'

501.
I am learning how to synchronize
the left and right hemispheres of my brain.
Fame and fortune will be spontaneously attracted to me.

502.
My mind and my thoughts are clear, tranquil and luminous. My mindfulness and radiance is drawing others towards me.

503.
I am fulfilling my responsibility towards my parents with love, respect and devotion. I am letting go of all anger and resentment towards them.

504.
I will care for my elderly parents the same way I would care for my child. My life will be enriched by their blessings.

505.
I am warm and friendly towards everyone. My words are positive and encouraging. I will win every heart with modesty and good behavior.

506.
I will free myself of regrets about the past and worries about the future and make the best use of the present.

507.
Opportunities often knock very softly. I will always be alert so that I can hear the knock and seize the opportunity.

508.
I will always be cautious of the person who has nothing to lose.

509.
Nothing has been born out of anxiety and worry.
Courage and conviction has built new worlds.
I am courageous. I am confident.

510.
I need silent moments to connect to the universal consciousness. I will find a few moments of silence amidst the thousands of tasks each day.

511.
Fear arises from our inner resistance to change.
I welcome change.

512.
I will accept every good thing in its entirety.
Only then will I be able to learn everything it has to teach.

513.
Whenever I speak publicly I will be calm, natural and self assured. I will make a lively speech with natural language and vivid examples.

514.
Every cell in our body begins to believe in the picture imprinted on our mind. My monchhobi (vision) will carry me towards my goals.

515.
My mission is more important than momentary pleasures.
I will keep my impulses under control and stay true to my goal.

516.
I will always stay away from gossip and hearsay.

517.
A tranquil mind accelerates the process of wellbeing.
Gratitude gives birth to tranquility.
I will always be grateful.

518.
To restore my health first I need to believe that 'I can be completely healthy in mind and body.' I believe I can restore my health. I will restore my health.

519.
New realizations lead to new solutions.
I will meditate regularly for new realizations.

520.
I am breaking free of the chain of false beliefs
and ideas and attaining true faith.
I will be truly liberated.

521.
I know a person's hope may be his last resort.
I will rekindle hope in everyone I meet.

522.
I was born to do something great.
I will do something great.

523.
Unorganized truth is powerless but
organized truth triumphs over falsehood.
I will always be a part of organized truth.

524.
Discipline is the way to break chains.
I will always be disciplined.

525.
I will identify the faults in my behavior every day.
Good behavior will become a habit.

526.
He who retreats in the face of an obstacle can never reach
his destination. Every obstacle will give me new strength.
I will reach my destination.

527.
Self development is my birthright.
I will establish my right.

528.
Conmen and swindlers use easy money as bait.
I will always be careful not to take their bait.

529.
I am a cosmic traveler.
I was never born, and I will never die.
I am simply traveling through this earth.
At the end of this journey I will start another.

530.
I know that no matter what my condition is,
there is someone who is worse off.
I will always be thankful.

531.
Life is the sum of moments. For a successful life
I will utilize each moment in a planned way.

532.
I will follow my routine and as a result, prosper naturally.

533.
Necessity and craving are not the same. Craving is the
desire to have more even after the need has been met.
I will fulfill my needs but be free of craving.

534.
I am feeling sleepy. But I need to stay fully alert and awake.
As soon as I finish counting from 0 to 7 and open
my eyes I will be completely alert and awake.
I will stay awake, alert, lively and enthusiastic
for the next … hours/ minutes
and complete all my tasks.

535.
Extremism in both good and bad things brings disaster.
I will always practice moderation.

536.
Hatred is an expression of the weak man's ego.
I am free from hatred.

537.
When desire crosses its limit it becomes addiction. Addiction is the cause of all suffering. I will be free of all addiction.

538.
Confidence arises from self awareness and arrogance from animal instincts. I will be confident, not arrogant.

539.
I have the confidence that I can win over any opponent. So I will never shut the door of communication with them.

540.
Wisdom is the spontaneous ability to choose the best amongst thousands of choices.
My wisdom is increasing day by day.

541.
When we immerse ourselves deep into our own beings knowledge and information from the universal consciousness enter our conscious minds.
I will engage in deep introspection every day.

542.
Arrogance brings downfall.
I will always be humble and modest.

543.
I will make new friends, but nurture old ones as well.

544.
Some relationships can never be cut off. In all such relationships, instead of putting up walls of resentment I will build bridges of understanding.

545.
In true prayer the one who is praying and the One who answers the prayer become one.
This is how I will always pray.

546.
I will sever all mental connections with those who indulge in jealousy and backbiting. My peace of mind will be intact.

547.
Not our social mask, but our inner strength indicates our true personality. I am developing an attractive personality.

548.
I can only inspire others if I myself am not influenced by them. I will be the source of inspiration.

549.
The course of history has always been charted by a creative, determined and organized minority.
I will be a part of that minority.

550.
I am a true warrior. I know when to contain my weapon.
I will contain my weapon when necessary.

551.
Reading books may help me become a scholar, but to be enlightened I need introspection.
I will engage in deep introspection each day.

552.
Knowledge means nothing unless it is translated into action.
I will translate my knowledge into action.

553.
I am learning to accept compliments and criticism with equal ease.

554.
Fear and anxiety are the shadow of the devil, and faith is the ray of God's light.
I am reviving myself with the power of faith.

555.
Doubt is the first step towards the loss of faith.
My faith is free from doubt and confusion.

556.
When a problem arises instead of being anxious I will let it unfold naturally. Then the possibility hidden in the problem will reveal itself to me.

557.
Every task seems impossible at first. I will start my work with faith. One step will lead to the next.

558.
The science of living is the science of all sciences.
I am practicing this science.

559.
People are only as great as their dreams.
I have a noble dream. I will attain greatness.

560.
Only a fool thinks he knows everything.
I will be aware of what I don't know.

561.
I speak not to impress but to inspire my listeners.

562.
A beggar can never be self reliant. The hand which is used to taking can never donate. I will be a donor.

563.
I live my life with joyous gratitude and quiet persistence.
Success will be mine.

564.
I am learning to acquire new knowledge and skills and take on new responsibilities. Success will be mine.

565.
The right plan is half the work.
I will start my work in a planned way.

566.
Winners concentrate on their belief and
losers use reality as an excuse.
I will follow the path of a winner.

567.
Intelligent people think before they speak or act and
fools think after. I am intelligent.

568.
All ground-breaking ideas were born out of silence,
not in committees or commissions.
Every day amidst all my work
I will find some silent moments.

569.
One can have thousands of excuses for not doing work,
but to do it just one reason is enough.
I have that one reason.
I will do the work.

570.
I will decide how I spend my time.
I will make time for everything I need to.

571.
The difference between being unable to act and
delaying it is that the first is the result of being
controlled by circumstances and the second by whims.
I will be free of both.

572.
The best of all good deeds is one that is done regularly.
I will do something good regularly.

573.
I will take time, place and person into account when I speak, but I will always speak with a smile. My smile will reveal the warmth of my heart.

574.
I will congratulate others at the first opportunity.

575.
When we are happy our mental energy flows with the spontaneity of a spring. I will always be happy.

576.
Our brains didn't make us human, our hearts did. My heart is filled with universal love. This is my uniqueness.

577.
Muscle power is short-lived, but inner power is everlasting. I will gain my strength from my inner self.

578.
Critics criticize with the expectation of a reaction. I will remain patient to face any criticism.

579.
Unnecessary phone conversations waste time and money. I will use the phone only when necessary. I will keep my phone off when I sleep at night.

580.
My intention determines my destiny and I determine my intention. I will be the master of my destiny.

581.
Chains, ropes or walls aren't holding me captive, my captivity is mental. I will free myself from all mental bondage.

582.
I will always respect my rivals.
A strong rival will act as a catalyst for growth.

583.
Asking the right question is half of acquiring knowledge.
I will think carefully before I ask.

584.
Knowledge makes us human and ignorance turns us into either a monster or a slave. I am ready to suffer any hardship to acquire true knowledge.

585.
I know I can awaken my inner power by loving myself.
I am learning to love myself.

586.
Instead of instantly reacting to an event I stop for a moment, take a deep breath and ask myself, 'What is my best course of action now?' Then I do what I need to do.

587.
I will translate my talent into service. The joy of work will transform every achievement into an asset.

588.
To deceive is a crime but to be deceived is also degrading.
I will make sure that I am never deceived.

589.
I will always be wary of people who want to use me for their own gain.

590.
A true model is someone who is followed because of his qualities, not because of looks or style.
I will be a true model.

591.
There is nothing smart about being able to attract the opposite sex, every animal does it.
I am controlling this animal tendency.

592.
(for quick rejuvenation) I am feeling wonderfully relaxed and peaceful. I feel revived and rejuvenated. After I finish counting from 0 to 7 and reach the normal conscious state I will feel cheerful, lively and enthusiastic. I will be fully alert, elated and exuberant.

593.
I do not waste time taking unnecessary preparation for work. I just start the work.

594.
I am free to plan my schedule any way I want to. But I am not free to break it once it is fixed.
I will always follow my schedule.

595.
No one is perfect. Instead of striving for perfection I will just strive to do my best within the allocated time.

596.
Unscientific and unnatural living leads to suffering and distress. I am following the science of living.

597.
Hatred and rudeness arise from feelings of inferiority.
I am free from all feelings of inferiority.
I am kind and loving.

598.
Intelligent people know their limitations and start from there.
I am intelligent.
I will start with what I have.

599.
I may satisfy others with logic, argument, and evidence.
But to satisfy my inner self I need to surrender to God.
I will surrender to God.

600.
Prosperity is my birthright. I will be prosperous.

601.
Whatever we believe and imagine
consciously or subconsciously happens in reality.
My monchhobi (vision) is now imprinted on my mind.
I will spontaneously move towards my goal.

602.
It takes time for a seed to grow into a tree and bear fruit.
I will devote time and labor to realize my monchhobi (vision).

603.
I am devoted to my work. I know I will be rewarded for it.

604.
I know that small everyday successes will one day add up to great success. To achieve my ultimate goal I will give importance to small steps.

605.
I know in order to be a celebrity I need to embrace obscurity. I am embracing obscurity. I will be a celebrity.

606.
We believe not with our brains, but with our hearts.
I am awakening the power of my heart.

607.
Achieving success is important, but it is more important to sustain it. I will develop the necessary qualities to sustain success.

608.
A dream is not what we see when we are asleep, but that which doesn't let us sleep. My dream will give me the inspiration to work night and day.

609.
My ideals and my actions are inseparable from me. I will amaze everyone with the novelty of my work.

610.
Dynamism is life. Proactive work will add dynamism to my life.

611.
It is not earthly possessions but positive attitude that brings happiness. I am nurturing a positive attitude.

612.
I will absorb the positive aspects of everyone and everything. I will achieve more and more every day.

613.
Pure intentions, prompt initiative, sincere effort and group awareness bring God's blessings to life. God's bounty will shower upon me.

614.
I will reward myself on completing monotonous tasks. This will increase my enthusiasm manifold.

615.
By saying "I am sorry" I will express not only my regret about doing something, but also my commitment not to do it again in the future.

616.
Silent and persistent work is the best kind of publicity. Instead of worrying about publicity I will just keep on doing my work persistently.

617.
Intelligent people use effective strategies to get better results with less effort. I am intelligent.

618.
I can turn my sorrow into my strength.
So sorrows are my strength.

619.
I respect uniqueness and originality and know that I myself have the power to do something extraordinary.
I will be truly unique.

620.
Rules are not only for others, but for me as well.
I will always follow the rules and norms of the group.

621.
One day of practical experience can be worth more than a year of theoretical knowledge.
I will use every opportunity to gain more experience.

622.
As I travel through my life,
I might come across sorrow.
But I will transform this sorrow into joy.

623.
Hoarding increases scarcity and charity increases prosperity.
I am progressing on the path of prosperity.

624.
I start my work. I persevere in it.
Victory will be mine.

625.
I am embracing eternal truths with a modern flavor in my life. My life will be fulfilling.

626.
A tiny hole can sink a large ship.
I will be careful about small mistakes.

627.
The deeper the river the more silent the flow.
I will do my work silently.

628.
I know it is better to light one candle than to curse the darkness. Instead of protesting an injustice I will use my strength to prevent it from occurring again.

629.
I am developing new habits.
New habits will show me the path of liberation,
bring new opportunities and make my life more fulfilling.
I will attain true freedom.

630.
I will take my time to evaluate something before I believe in it. But once I am decided my belief will be total.

631.
I will concentrate on my strengths and abilities.
I will make a list everything I can do.
The more I develop my strengths the
more I will overcome my weaknesses.

632.
I sincerely wish the best for everyone.
I listen to them attentively.
As a result I need very few words to persuade them.

633.
Faith generates dynamism in action and action makes faith even stronger. The rhythmic interaction of faith and work will carry me swiftly towards success.

634.
The power and ability to fulfill all my dreams is within me.
I will seek out this inner powerhouse.

635.
Accepting undue favors may cost me a high price in the future. I will be very careful about accepting favors.

636.
If we say something again and again it hypnotizes our subconscious mind and causes it to believe.
I will be hypnotized by true faith.

637.
Instead of wasting time regretting my loss I will try to make up for it in alternate ways.

638.
I will use intermediate goals as steps to attain my ultimate goal.

639.
I know by serving others I am really serving myself.
I will do something beneficial for others today.

640.
We are more at ease when we know what we want.
I have a list of 19 things I want to achieve before I die.

641.
I am creating my own identity. I will be known for my own qualities and contributions.

642.
Success is not a destination but a continuous journey from one destination to the next. I am enjoying the journey.

643.
I value my relationships. I will devote time each day to nurture spiritual bonds.

644.
I am rising above narrow self interest.
I will compete only in good work.

645.
The journey of a thousand miles
starts with a single step.
I will start from wherever I am with whatever I have.
I will reach my destination.

646.
Real entertainment relieves anxiety and makes
us tranquil and happy.
I can distinguish between real
entertainment and momentary diversions.

647.
Frustration and happiness are each other's enemy.
Frustration destroys happiness and
happiness washes frustration away.
I will embrace happiness.

648.
I will celebrate my spiritual bonds every day,
not only on special occasions.

649.
Wallowing in frustration is really idleness in disguise.
Those who have nothing to do, enjoy nothing.
I have a lot to do. So I will always be happy.

650.
The speed and accuracy of my work is
increasing day by day.

651.
When I give someone a responsibility
I also give him the necessary authority.

652.
I will control my hunger and anger easily with the Quanta sound or sign. Whatever I study using the Quanta sign will be imprinted on my mind for ever. I will be able to recall it easily and present it attractively in speaking and writing.

653.
I am breaking free of the false beliefs and narrow habits of my forefathers. I will be immortal.

654.
In prayer we speak to God and in golden silence we listen to him. I will regularly observe golden silence.

655.
Not those who follow trends, but those who set new enlightened ones are the saviors. I will not run with the herd. My spirit and my ideals will guide me.

656.
I will give advice only when it is truly sought.

657.
Instead of being held captive by guilt,
I will learn from my mistakes and move on.

658.
I know every natural occurrence has a reason.
So I can accept good and bad news with equal ease.

659.
Silent and secret charity is the best kind of charity.
I will use the Charity Bank for donating silently and secretly.

660.
Isolation increases vulnerability and togetherness builds strength. I will always be with the sangha (association of good people).

661.
I will not get carried away with my attraction for the opposite sex. I will interact with the opposite sex with dignity and decency.

662.
I will marry someone whom I can trust and respect, who will be my side through the ups and downs of life.

663.
The greater the pretense and extravagance involved in the wedding, the less happy the marriage. I will not turn my wedding into a spending spree.

664.
Looks are appreciated for some time but good qualities are appreciated forever. I am developing good qualities. I will be appreciated wherever I go.

665.
We have a monchhobi (vision) of a happy family. Our monchhobi will give us the strength to overcome all adversities.

666.
The validity of a contract always depends on the honesty and faithfulness of those involved. Marriage is a contract. I will be honest and open in all discussions related to marriage.

667.
In choosing my future companion I will value character above beauty, education, wealth or family background. I will be happy.

668.
I won't be overly suspicious or critical of my spouse. I will discuss his/ her faults kindly and sensitively when the time is right.

669.
True love is the life force of all relationships.
Love does not judge, but tries to understand;
does not impose, but shares.
I will be truly loving.

670.
I am developing the habit of eating and sleeping
at the same time every day.

671.
I am completely faithful to my spouse. With respect,
love and affection I am making his/ her life blissful.

672.
No matter how busy I am I will save one day
a week for my family.

673.
Those who are good to their family are truly good human
beings. I will be good to my family.

674.
We will never involve any third party in conjugal matters.
We will resolve our misunderstandings by
communicating directly with each other.

675.
I openly appreciate my husband/ wife's good qualities.
I value his/ her contribution to the family.

676.
I will emphasize my husband/ wife's strengths.
This will inspire him/ her to overcome his/ her weaknesses.

677.
I will raise awareness against wastage
of water, gas, electricity and other things in my family.

678.
I won't view my relationships through rose-tinted glasses.
All my relationships will be grounded in reality.

679.
Every child is unique. Instead of comparing one child with another I will appreciate their uniqueness.

680.
We will take family decisions based on mutual discussion.

681.
Phone calls, chatting, TV, internet, computer games, trashy books and bad company may lead my child astray.
So I will always give him enough of my time.

682.
I will always make sure my child is not subject to drugs or depravity in the name of entertainment or friendship.

683.
I will be my child's best friend.

684.
Instead of portraying my child's mistakes as a crime or a sin, I will simply guide him towards the right path.
This will accelerate his spontaneous development.

685.
I will include my child in discussions about age-appropriate issues.

686.
I will give my child an accurate picture of our financial condition from an early age.

687.
I will be my child's role model.
I will nurture him with love and right attitude.

688.
The mind is the best doctor and the body is the best pharmacy. It creates the exact amount of medicine it needs. And this medicine does not have any side effects. I will use this power of my mind to attain good health.

689.
At the Quantum level our body is a silent flow of information. This wave of information is recreating our body every second. I will modify this information to attain good health.

690.
Health is not merely the absence of disease. Health is an internal feeling of wellbeing which makes every moment joyful. I am attaining true health.

691.
I will give love and attention to every cell, tissue and organ in my body. The body's natural healing process will be activated.

692.
A tranquil mind is a good healer. I will keep my mind calm and tranquil and my body will follow.

693.
My mind is a reservoir of joy and energy. The joy in my mind will wash away the disease from my body.

694.
A healthy and happy person never lives in the past or the future. He always lives in the present. I too will live in the present.

695.
All chronic diseases are the manifestation of a life devoid of compassion and spirituality. Positive attitude creates harmony between mind and body and heals diseases. I will nurture a positive attitude.

696.
My disease is a small isolated island in an ocean of health. There is no disease from which no one has ever recovered. I will also recover.

697.
If I live to eat, food will bring me death, but if I eat to live, food will bring me health. I will eat to live.

698.
In order to lose weight I will happily give up junk food and sugary desserts.

699.
Whenever I get the chance I will drink coconut juice or lemon water.

700.
I will eat leafy and fibrous vegetables and drink at least 8 glasses or 1.5 liters of water every day. This will help my excretory system work properly.

701.
Seasonal fruits help prevent seasonal diseases. I will eat seasonal fruits regularly.

702.
I will try to give up spicy, oily and fried food.

703.
Whenever I get the chance I will breathe fully with my chest expanded. All my fatigue and lethargy will go away.

704.
Whenever I get the chance I will practice walking pranayama. As I walk I will take fewer steps to inhale than I do to exhale.

705.
I will give my domestic staff the same quality food that I have.

706.
As a family we will have at least
one meal together every day.

707.
I will replace refined sugar with molasses or brown sugar
and white-bread with brown-bread. I will live a healthy life.

708.
I will avoid taking milk with my tea.
Whenever possible
I will drink green tea.

709.
Magnetized water is the queen of all drinks.
I will drink magnetized water regularly.

710.
I will walk as much as I can. Whenever possible
I will walk to my destination.

711.
When I am taking a shower or a bath, I will keep the
temperature of the water cooler than my body temperature.
This will strengthen my immune system.

712.
Drugs are deadly. I will not hesitate to cut off
relations with drug addicts.

713.
I will practice relaxation in between my work if I can.
All my tiredness will dissolve in mindfulness.
I will go back to my work refreshed and energized.

714.
Excessive use of cell phones can cause brain cancer.
I will use cell phones only when necessary.

715.
I will try to identify the mental causes of the disease. This will help eliminate the physical causes.

716.
Laughter stimulates natural breathing, helps relieve muscle pain, lowers blood pressure, and accelerates healing. I will laugh as often as I can.

717.
For healthy and sparkling eyes I will splash warm and cool water on my eyes alternatively after I get up in the morning and before I go to bed at night.

718.
My senses are sharper, my skin more radiant and my immune system more powerful. My heart, lungs, liver, kidney, stomach and pancreas are all functioning perfectly. I am beautiful, healthy and lively.

719.
Anger, jealousy, hatred and backbiting create toxins in the body. Love and forgiveness wash away the toxins and generate a new vibration of wellbeing. I will inundate myself with love and forgiveness.

720.
Scenes that excite the nerves get imprinted on our mind and cause complications such as anxiety, insomnia, nightmares and heart attacks. I will consciously refrain from watching movies and TV serials containing horror, sex and violence.

721.
For any serious medical problem I will consult at least three experts. I will go to doctors who give more time and attention, and less medicine.

722.
Soft drinks are harmful for the kidneys.
I will refrain from drinking or serving soft drinks.

723.
An overly suspicious nature is an indication of mental imbalance. I will refrain from excessive suspicion.

724.
Crying is a natural process for relieving sadness and depression. At the appropriate time and place I will let myself cry.

725.
Every human being has the innate ability to stay healthy. Health is normal and disease is an aberration. I will stay healthy naturally.

726.
Instead of unconsciously causing disease through worry I will consciously create health through positive thinking.

727.
To know how my body will be tomorrow I will pay attention to my thoughts today.

728.
I will practice the lion pose regularly to make my voice attractive and powerful.

729.
I will practice pranayama (deep breathing) regularly. I will be more active and energetic.

730.
Relaxation relieves pain and monchhobi (vision) of health accelerates healing. To restore my health I will practice the healing meditation twice everyday.

731.
My digestive system is becoming stronger every day.
I relish everything I eat and I digest it perfectly.

732.
The darkness of depression is only for the weak. Those with faith and conviction live in a joyful world. I have faith.

733.
My brain and nervous system will always be tranquil,
alert and alive. I will live long, happy and strong.
I will develop my wisdom and intuition.
I will realize my infinite potential fully.
I will be truly enlightened.

734.
My health can be measured not by the size of
my muscles but by the level of my energy.
My energy level is increasing day by day.

735.
There is no such thing as the ideal physique.
My body is unique. I will not make desperate efforts to
attain an 'ideal' shape, size or weight.

736.
Dirtiness is an impurity of the body. I will take special care of my skin, hair and nails at least once a week.

737.
I know that small everyday accomplishments lay the
foundation for great achievements.
I will try my best to reach my goals every day.

738.
A 'me first' attitude turns life into a tiring burden.
Empathy and service bring joy and vibrancy to life.
I will choose the path of service.

739.
I have all the necessary qualities to be the top student in my class. I will always have confidence in my talent and abilities.

740.
I will take steps to acquire practical knowledge in addition to theoretical knowledge.

741.
Being first in class will help me be first in life.
I will be first in my class.

742.
In addition to having a monchhobi
(vision) of good results, I will also have
a clear monchhobi for a successful life.

743.
Regular donation to charity drives away all fear.
I will donate regularly.

744.
Prayer heals. Heartfelt prayer helps the power of consciousness flow outward. I will pray regularly for the health and healing of myself and others.

745.
The primary reason for failure is neither
lack of abilities nor lack of opportunities,
but lack of initiative.
I will take initiative and attain success.

746.
I will be Jack of all trades and master of one!

747.
In deciding what to study I will be guided by my own aptitude and interest, not trends or impulses.

748.
I will engage in healthy competition
but never get jealous.
I will congratulate my opponents on their victory in
academics or sports.

749.
My memory is getting sharper every day.

750.
I am maintaining good relations with my teachers.
I have more interest in my studies and as a result
I can concentrate better in it.

751.
As a student I will never jeopardize my own
success in trying to help others.
I will be better able to help when I am successful.

752.
I don't need any relationships that will hinder my success.
I will avoid the company of idle, pessimistic,
bad-mannered and aimless classmates.

753.
I can comprehend and remember whatever I read.
I am able to present it well both in speaking and writing
whenever I need.

754.
I will learn to be self reliant from student life.
I will make an effort to earn my own pocket money.

755.
Whenever I get the opportunity,
I will read classic literature, inspiring biographies,
or other books that will help me develop.
I will never read anything harmful or confusing.

756.
Instead of being stubborn or irrational,
I will help my guardians understand my
point of view with sincerity and respect.

757.
Crushes, gossiping and bad company will
destroy my chances of success in student life.
I will devote my attention to my studies instead.

758.
Being friendly and being friends are not the same.
I will be friendly with everyone. But I will only be friends
with those who share my goals and ideals.

759.
I will protect myself from being drawn into the
destructive cycle of gossiping and wasting time
in the name of group study.

760.
I will be friends with those who are healthy, meritorious,
kind and amiable. They will be my source of knowledge,
joy and inspiration.

761.
While the losers complain the winners find solutions with
courage, intelligence and effort. I will prove myself a winner.

762.
I am practical and proactive. From the ashes of my failure
I will seek out the gold of new possibilities.

763.
I will view everything with a curious and open mind.
I will learn useful lessons even from
ordinary everyday things.
I will be the true student.

764.
I will use television not just as a source of
entertainment but also as a source of information.
I will plan what I will watch and when.

765.
I will start every day in a planned way.
This will bring a nice rhythm to the rest of the day.

766.
A good student is not just someone with
good results, but someone who is versatile, skillful,
and vibrant with ethical and humane qualities.
He is the center of attraction, trusted
and relied upon by everyone.
I will be a good student.

767.
I have control over my impulses. I can easily say 'no' to TV,
cell phone, games or any other addiction.

768.
Our level of concentration is determined
by our level of interest. Every day, at the meditative level,
I will tell my mind why I need to study.

769.
I will break up big assignments into small chunks.
This will help me avoid procrastination.

770.
I decide my daily schedule based on my priorities.
Every moment I can choose what to do first from
thousands of alternatives.

771.
Anger, resentment and bitterness harm me more than they
harm others. I will not harbor these negative emotions.

772.
I know the calmer and more tranquil my mind is, the easier it will be to absorb and retain information. Meditation will help my mind be tranquil. I will meditate regularly.

773.
I will judge my progress not by how long I studied but by how much I actually learnt.

774.
I will be at the peak of my mental ability in the examination hall. I will write the answer to each question quickly and accurately.

775.
I will face the viva board with courage, spontaneity and self-assurance. I will answer each question clearly, accurately and politely. I will impress the board members with my natural and intelligent performance.

776.
Success is not an isolated achievement. Success is a mental state where the combination of faith and ability makes everything possible. I will proceed on the path of success.

777.
To me exams are an enjoyable opportunity. By proving myself in successive exams I will progress towards being first in life.

778.
I have done my best to prepare well for this exam. I have learnt everything thoroughly. I will certainly excel.

779.
I will take complete responsibility for my results. I will identify my mistakes and make sure I don't repeat them in the future.

780.
I am practicing monchhobi (goal visualization), praying and donating to achieve the desired results. My results will be excellent.

781.
My brain is a unique biological super computer. It will be my most trusted aid in my quest for success.

782.
I am a student. I am a seeker of truth. I was born to do something great. I will meditate regularly. I will concentrate on my studies, follow my routine and use my time and talent in a worthwhile way. Success will be mine.

783.
A desirable profession is one where I can use my talent and labor to provide the best possible service. I will develop my talent in a desirable profession.

784.
I always follow the dos and don'ts of the workplace.

785.
Not looks or background, but skill and expertise will be the foundation of my professional advancement.

786.
My career goal is big. But I will start my journey with a small step if I need to.

787.
I am always optimistic about the prospect of employment. If necessary, I will change my job search process and come up with a different plan.

788.
Talent blossoms fully in independent professions. I will encourage my child to choose an independent profession.

789.
I will combine integrity and expertise to provide the best possible service.
My career will be an inspiring example to others.

790.
As a boss I will remain unaffected by flattery and finger-pointing.

791.
To potential employers, I will present myself as someone who has the ability to fulfill the needs of the organization.

792.
I know that in a job, the boss is always right.
I will support my boss in everything except ethical violations.

793.
Relevant practical knowledge brings professional success.
I will make an effort to improve the skills and abilities associated with my job.

794.
I will show sincere loyalty and devotion to my superiors.
In return I will earn the loyalty of my colleagues and subordinates.

795.
In matters of obedience and accountability I will follow the official hierarchy.

796.
I will try to attain the qualities of a background (not necessarily nominal) leader.

797.
I am adept in languages and technology. I am always ready to learn new languages and technical skills.

798.
I will work not just for my own comfort and luxury, but to serve others. I will be immortal.

799.
Honest and sincere work brings recognition. I will always be sincere in my work.

800.
My employer isn't doing me a favor. He is compensating me for my talent and labor. I will work where my effort is justly rewarded.

801.
I respect my profession. In return I will get honor and respect as a professional.

802.
Complimenting is not the same as flattery or subservience. I will not hesitate to pay honest compliments to my boss and colleagues.

803.
I am nurturing the mindset of a manager, not a clerk.

804.
I do not take professional differences personally.

805.
I am learning the art of collective action. Other people's strengths will help overcome my weaknesses.

806.
I will be involved with charities. They will help me expand my network and open the door to new opportunities.

807.
I am successfully balancing my work and family life.

808.
I come to office on time and leave after my boss leaves.
My advancement is guaranteed.

809.
I won't bring my work home or my home to work.
I will leave professional concerns in the office and personal concerns at home. I will be happy and successful.

810.
I am loyal to my work. My work is my first love.

811.
I am learning how to work independently without supervision.

812.
As long as I am working for an organization,
I will protect its interests.

813.
Instead of complaining about colleagues who are lacking in skill or experience, I will help them develop.

814.
I will regard my colleagues as my associates, my boss as my guardian and myself as my competitor. Healthy competition will accelerate my development.

815.
The combination of skill, intelligence, hard work, and loyal devotion will make me successful in my work.

816.
With love and attention one's work can
turn into one's source of joy.
My work will be the joy of my life.

817.
I am learning to distinguish between
personal and professional relationships.
I will maintain official relationships for official purposes.

818.
I will be grateful to my organization.
According to natural law even if I am not evaluated
fairly here I will be rewarded elsewhere.

819.
I will address everyone respectfully.

820.
I will not make negative or discouraging
comments even when my colleague's or
subordinate's work is unsatisfactory.

821.
I am always ready to take responsibility.
The more responsibility
I will take the higher I will rise.

822.
If a subordinate makes a mistake, instead of
scolding him publicly I will talk to
him in private and give him a
chance to correct himself.

823.
I will pay employee wages as soon as the work is done.

824.
I let the other person finish before I start talking.

825.
If some pressing reason prevents me
from speaking the truth I will remain silent.
But I will never lie.

826.
I won't be afraid of what people might say.
I will happily attend functions without any gifts.
My sincere prayer for the host will be the best gift.

827.
I will introduce myself to strangers
on my own initiative.

828.
As a guest I will respect my boundaries.
I will not express any curiosity about
the host's private matters.

829.
I take time, place and person into account
when speaking or acting.
I always follow the norms and
decorum of my environment.

830.
I discuss professional matters with only those
who are directly involved.

831.
I never answer a question addressed to someone
else without permission.

832.
I will take proper care of my personal objects.

833.
I will request my guests not to bring any gifts to
social or family functions.

834.
I will be kind towards my domestic staff.
I will not torment them with harsh behavior or
excessive work. God will reward me.

835.
I will never make unnecessary and indecent jokes
just to prove that I have a sense of humor.

836.
I will not talk to or spend time with only those I know well.
I will get acquainted and interact with others as well.

837.
I will never do anything unnatural to seek attention.

838.
I will be present in my workplace five minutes
before the designated time.

839.
I will listen to the speakers attentively. I will not make any
comment or ask any question in the middle of a speech.

840.
If my conscience is clear no scandal can defile me.
I will always be faithful to my conscience.

841.
If I do not know something I will learn about it from
someone who does without any hesitation.

842.
I will take care of my rented home as if it were my own.

843.
I will refrain from seeking the advice of doctors or other
professionals unless they are in their chambers.

844.
I will always protect institutional secrets.

845.
I will never bother others for small personal tasks
I can do myself.

846.
I am prompt in replying to
e-mail, SMS and letters.

847.
I will speak but avoid being a chatter box.

848.
I will be absolutely certain before
I lodge a complaint against someone.

849.
I will consciously avoid touching, moving or using other
people's possessions without permission.

850.
I won't even open, let alone read other people's letters,
diaries or SMSs without permission.

851.
I will preserve others' possessions with care.
I will return things in the same condition I received them.

852.
I never play music or television so loudly
that it disturbs the neighbors.

853.
I will ask for permission before I enter someone's room
and walk in with polite confidence.

854.
I will use stairs or elevators as quietly as possible.

855.
I will turn my cell phone off during any formal program.

856.
I will use bathrooms and toilets in such a way that
others find them usable.

857.
I will ask for permission before I use someone's personal toilet.

858.
I will use public toilets as quickly as possible so that others have a chance to use them as well.

859.
After I use any tools and utensils
I will put them back in their proper place.

860.
I will never embarrass a patient by asking him unnecessary questions about his disease.

861.
I will consciously refrain from joking about anyone's physical defects or deformities.

862.
When counseling someone I will base my assessment on their words and not preconceived ideas. In giving advice I will take their level of interest into account.

863.
I will never violate anyone's trust. I won't disclose any information about those I counsel without their prior permission.

864.
I will donate blood on my birthday.
Saving four lives will be the best birthday present.

865.
During speeches I will avoid making any noise, gesture or activity that may disturb other people.

866.
If I don't know the answer to a question I will admit it without hesitation. I will never give a made up answer.

867.
I will disclose my personal problems only to someone whom I trust and who can provide a solution.

868.
I will encourage any positive and appealing statement with applause.

869.
Only fools repeat the same mistakes over and over again. I am intelligent. I am learning from my mistakes.

870.
I am my own mirror. I see myself not as others see me, but as I see myself. I am never bothered by how others perceive me.

871.
Monchhobi (vision) hits its target like a guided missile. My monchhobi will be my driving force.

872.
I will make my 19th birthday memorable with my first blood donation. Four lives will be saved because of me.

873.
Talent blossoms through joyful work. I will always work joyfully.

874.
A gift is something that is given gladly and willingly, without expecting anything in return. I will never expect anything in return for a gift.

875.
The distraught do not listen to the counsel of the wise. They are swayed by the impossible promises of the deceivers, the scams of the swindlers and the threats of the oppressors. They are trapped in an endless cycle of distress and deprivation. I will listen to the wise. I will be free.

876.
Youth is the best time for service.
I will start serving as early as I can.

877.
I will engage in financial transactions only after I am certain about the other party's honesty and dependability.

878.
Consumer loans are a death trap. I will avoid this trap.
I will spend according to my income.

879.
I will say 'no' to cigarettes, soft drinks, energy drinks and drugs.

880.
I will be kind towards animals.
I will try to lessen their pain and ease their burden.

881.
Fools repeat the same mistake again and again.
Intelligent people learn from their first mistake.
I will follow the path of the intelligent.

882.
I will seek advice from experts and well wishers before I begin a work.

883.
'What if's and 'if only's shut the door to life's possibilities.
I will not waste time in these useless considerations.

884.
Togetherness transforms strength into super strength. I am together with those on the right path. Success will be mine.

885.
Gratitude is the source of contentment. I am grateful for everything I have. I will always be peaceful and content.

886.
Whoever was born must die. Even in the face of death my faith will be unshakeable.

887.
Instead of pampering my child I will nurture him with a balance of affection and discipline.

888.
I have the right to a debt-free solvent life.
I will establish this right.

889.
The greed for easy money leads us into deception.
I only desire the fruits of my own labor.

890.
I will never miss an opportunity to help someone become self reliant.

891.
I will meditate and seek knowledge. I will attain wisdom and intuition. My knowledge and wisdom will be reflected in everything I do.

892.
Real strength is born in deep silence. In silence the healing process becomes more potent and powerful. I will attain health and wellbeing by observing silence regularly.

893.
Discipline is the sign of the mastermind.
I will be disciplined in everything I do.

894.
All of us, irrespective of religion, caste or creed are becoming proactive, virtuous, tolerant, generous, compassionate, creative, punctual and adept in science and technology.
We will become one of the top ten nations in the world.

895.
Useless questions give birth to doubts and confusion.
I will refrain from asking unnecessary questions.

896.
I will start my life from the ground zero of the present.
The correct strategy will help me transform
every shortcoming into an asset.

897.
During group meditation our minds merge into one.
Whenever I get the chance
I will take part in group meditation.

898.
In case of any misunderstanding I will look for my own mistakes. If necessary I will change my behavior.

899.
The inability to accept something new saying 'this is the way it is' is the expression of a closed mind. My mind is open.
I will accept or reject something new
based on its own validity.

900.
I am always willing to consider the other person's point of view. Any misunderstanding will be resolved quickly.

901.
I have the right to make a proposal.
But I will think carefully before I do so.

902.
I will accept any argument or proposal
only after I evaluate it carefully.

903.
I know only I can realize my own dreams.
I will utilize every second to make my dream come true.

904.
I can never give something I don't have.
I will first attain peace, health and success myself.

905.
Internal dissonance takes God's grace away from work.
I will do all my work joyfully.
The results will be astounding.

906.
I am keeping up with the times. I am learning new skills and developing new strategies. I will win.

907.
I will never be complacent with temporary success.
I will treat each success as ground zero and strive for something greater.

908.
Friendship is the name of giving, not taking. This is the definition of friendship I will follow for myself and others.

909.
I may get away with cheating in class exams,
but I cannot pass life's exam without hard work.
I will always find pleasure in hard work.

910.
I will weigh the pros and cons of every option before I make a decision. I will take responsibility for my decisions.

911.
I am my own competitor.
Every day I make all-out effort to surpass myself.

912.
An idea preached by one person fades away after his death,
but a philosophy nurtured by an institution lasts forever.
I will be part of an institution.

913.
I have to express my own beliefs. I am learning
how to express myself clearly and concisely.

914.
Consumerism gives birth to stress.
I will refrain from unnecessary shopping.

915.
From now on my mind will harbor only pure and creative
thoughts and ideas. My creativity will flow continually like a
river and guide me to do the right thing at the right time.

916.
As an expression of my gratitude
I will do more and more work every day.

917.
Charity drives away disease and difficulty. It also drives away
fear, anxiety, pain and suffering. I will donate regularly.

918.
Poverty, anxiety, fear, frustration and depression are
the results of lack of use or misuse of talent.
I will use my talent properly.

919.
I can and I will. Courage, enthusiasm and skill
will help my dreams fulfill.
All my actions will express my universal goodwill.

920.
Improper use of physical, mental and spiritual energy
expresses a lack of gratitude. I will use all my energy properly.

921.
I may dominate people with my physical strength but to win
their hearts I need empathy and moral strength.
I am achieving the strength to win people's hearts.

922.
Group efforts attract God's grace and enable the individual's feat. I will work in a group. When needed I will follow, when needed I will lead.

923.
Success starts from belief. I believe. So I will win.

924.
I understand others. So it is easy for me to work side by side with them.

925.
I don't need fame, fortune or favors to change my life. I only need to change my attitude.

926.
The anger, hatred and jealousy in my heart is being replaced by an all embracing love for all beings. In return I am getting spontaneous support from nature and people. Success will be mine.

927.
Comparing myself to others will only make me discontent. I will give up comparisons and look within instead. I will be content.

928.
Fools become complacent and rest after an achievement. Those who are intelligent express gratitude and then move on to the next step. I will follow the path of the intelligent.

929.
Gratitude is an expression of faith and modesty. By expressing sincere gratitude I am strengthening my faith.

930.
Regular meditation greatly improves the quality of thoughts, decisions and expressions. I will meditate regularly.

931.
Hatred is a fire that destroys everything that is good.
I will be free of hatred.

932.
First it will happen in my imagination. Then I will work tirelessly to turn my imagination into reality. This process of monchhobi (goal visualization) will make my success inevitable.

933.
I will never gossip. I will spend every available moment in good work.

934.
Lack of regular practice disrupts the flow of meditative energy. I will meditate regularly.

935.
I will discover my talents and nurture them.
I have the courage to nourish my talents.

936.
I am at peace. My very presence will make my surroundings peaceful.

937.
A curious mind learns easily.
I am nurturing constructive curiosity.

938.
Character is the sum of attitude and behavior.
I will be proactive in both respects.

939.
Life is a treasure. I will sincerely share this treasure with others.

940.
Collective charity brings unbounded well being.
I will donate regularly to my charity bank.

941.
I will think and speak only of constructive matters.
This positive outlook will transform my world completely.

942.
I know the way to happiness is to make others happy.
I am learning how to serve.

943.
I will speak the truth without fear but with compassion.

944.
Gold remains gold wherever it falls.
If my spirit shines nothing can defile me.

945.
I will use my wisdom to make correct decisions
and proper choices.

946.
I am feeling sleepy. I will sleep for five minutes.
Then I will begin my work with zest and enthusiasm.
I am falling asleep now.
I will wake up automatically after five minutes.
I will finish the rest of the day's work with
zest and enthusiasm.

947.
I will always help others.
This will make my life more fruitful.

948.
I will never cling to anyone.
I will set everyone free.
I am the true lover.

949.
There are better ways to face my reality.
Wisdom will help me find them.

950.
Character enhances beauty.
The beauty of my character will attract everyone to me.

951.
Truth prevails. I will be truthful with myself.

952.
Meditation, Medicine, prayer and charity;
I will use all four for my healing.

953.
Other sciences are partial.
Only the science of living is complete.
It not only teaches us facts and information
but also shows us how to apply them in our lives.
I am practicing the science of living.

954.
I will identify my mistakes, correct them and learn from them. This is the way of the enlightened.

955.
I will think before I speak, so that I may plant the seed of success in the minds of others.

956.
The spiritual bond of togetherness gives unbounded peace and fulfillment. I will be a part of sangha (association of good people). It will be my source of inspiration.

957.
I will live in the present and feel the quality of every moment.
This will give me the tools to move forward.

958.
I am unique. I am free of all external dependence.
I will triumph.

959.
The right views will light my way. The right aims shall be my guide, and peace will follow my footsteps.

960.
I will face all problems with courage and good sense.
This will strengthen my confidence and
make it easier to transform future
problems into possibilities.

961.
God created man unto toil and trial.
I enjoy toil and trial. Success will be mine.

962.
I will live my life to the fullest.
I will follow the path of the enlightened.

963.
I am in tune with nature.
I will go with the flow.
I will surely get closer to my destination.

964.
The use of nice words generates positive resonance in relationships. I will always use nice words.

965.
Time is a double edged sword. If I am not mindful of it
I will be injured by it. I will utilize each moment well.

966.
I will analyze my achievements and identify my strengths.
Then I will utilize my strengths to build a bright future.

967.
Every extraordinary feat began in ordinary circumstances.
I will start my journey of success from where I am now.

968.
I will work tirelessly till the moment I die and
I will work only to please God.

969.
I will meditate regularly. With each meditation my concentration will be deeper, my meditative experience more profound. My consciousness will transcend all barriers. All beneficial desires for myself or mankind will come true.

970.
The primary cause of failure is the vicious cycle of bad habits. I am breaking this vicious cycle and developing Quantum habits. Success will be mine.

971.
The difference between a proactive and reactive attitude is clear. I am proactive.

972.
I will break free of my current harmful comfort zone to reach new horizons of achievement.

973.
Today I will work with self-assurance.
Action today will help me build a secure tomorrow.

974.
No one likes a bad-tempered person.
I will always keep my temper under control.

975.
Jealousy brings distress. Instead of being jealous I will devote my energy to my own success.

976.
If I treat someone ill it will one day destroy my own peace.
To protect my peace I will be kind to all.

977.
Anger, wrath and fury decreases the flow of
serotonin in the brain.
Meditation increases the flow and
creates a feeling of well-being.
I will meditate regularly.

978.
The child learning to walk keeps on falling down but gets
up every time. In my quest for self development
I will learn lessons from the child.
Every time I make a mistake
I will start again with new determination.

979.
Credit cards increase the likelihood of unnecessary spending
and propel us deeper and deeper into debt.
I will be cautious in handling credit cards.

980.
Consumer loans start a vicious cycle of stress and anxiety.
I will never take loans to buy consumer goods.

981.
The whole world is mine. I will reach every frontier of
success on the wings of my monchhobi (vision).

982.
Unless I can discipline myself I will never be able to
discipline others. I will first establish discipline in my own life.

983.
I will pray or worship regularly.
I will work for God's satisfaction.
I will dedicate myself to the service of humanity.
My whole being will be enlightened by the light of truth.
I have surrendered to God.

984.
I pray with complete devotion. Every prayer brings rapture and reveals God's grace in new ways. Every desire turns to reality.

985.
A scholar tries to establish his theories through arguments, but the enlightened leads by example.
I will follow the path of the enlightened.

986.
Whoever was born must die.
I will fulfill my mission and die content.

987.
My inner peace will draw others towards me,
my company will give them new hope and inspiration.
I will be the refuge of millions.

988.
Whatever I devote in the service of humanity will bring my salvation. Today I will devote my talent, labor or wealth in the service of humanity.

989.
Life is a priceless gift from God.
I will make this gift
meaningful with universal love.

990.
The greatest hero is the one who has established mastery over his own animal instincts.
I will keep my animal desires under control.

991.
I am an inseparable part of eternal life.
My life is a profound journey for fulfilling a noble mission.
I do all my work joyfully and enthusiastically.
Every task brings deep satisfaction.

992.
The enlightened never impose, they always inspire.
I will also inspire others to share my beliefs and ideals.

993.
I know death is not extinguishing the light; it is putting out the lamp because dawn has come.
I will be fearless in the face of death.

994.
I am here to fulfill a noble mission.
I will welcome death only after my mission is fulfilled.

995.
Lord, I am your slave. Your wish is my wish.
Let my life reflect your wishes only.

996.
Truth is my friend. And like truth, I will prevail.

997.
The higher the rise, the bigger the fall. The more successful I become, the more careful I will be about mistakes.

998.
My work will be such that in the face of death I can say, 'Lord, I am ready'.

999.
I am a cosmic traveler. With death I will start the next phase of my cosmic journey. My last word will be the name of my Lord. Eternal joy will be mine.

000.
In life I will be the refuge of millions. In death they will say goodbye with tears. As a source of everlasting inspiration, I will live in the joy, sorrow, problems and promises of successive generations.

Relaxation

Relaxation is simple and easy. All you need to do is to follow these simple steps. First read all the steps from first to last and then start your journey towards your Quantum Home. Best of luck!

1. Select a quiet place in your home. Make sure no one will disturb you for a while. Make sure the room is well ventilated and is not completely dark. Soft light is best. Wear loose comfortable clothes.

2. Think of a recent incident that made you feel happy and content. It doesn't matter how trivial the incident was, what matters is the feeling it brought you.

3. Lie down on your back on a thin mat on the floor or a hard bed, the harder the better. If necessary, place a thin pillow under your head. Place your hands on either side of your body, palms facing up. There should be some space between your feet.

   Or sit on a chair or on the floor with your back straight. Make sure your feet touch the floor. Rest your hands on your knees. If you know yoga, you can practice relaxation sitting on the floor in the lotus position or the half lotus position. Just make sure you are comfortable.

4. Close your eyes softly. Inhale through your nostrils. Exhale through your mouth. Expand your lower chest and abdomen as you inhale. This is called abdominal breathing. As you inhale feel abundant natural energy entering your body. As you exhale feel all harmful elements going out of your body. Take a bit longer to exhale than to inhale. Repeat this cycle 6 to 10 times.

Then let your breathing return to normal.

5. With your eyes closed, visualise your body from the top of your head to the tips of your toes. Concentrate for a few seconds on the muscles on the crown of your head. The blood circulation in that area will increase. You will feel a warm and tingling sensation. The muscles will become relaxed and heavy. In the same way, concentrate for 10 seconds on each of the following organs, in the order mentioned : forehead, eyes and eyelids, lips and tongue, chin, face, throat, neck, shoulders, right hand, left hand, chest, backbone, stomach, intestine, waist, hips, thighs, knees, ankles, feet and toes. Visualize and feel the blood circulation increasing in those areas, the warm and tingling sensation, and finally the muscles becoming relaxed and heavy. (Go through the list of the organs several times before you start the relaxation process so that you don't have any difficulty remembering their names and order.) As you progress from head to toe, feel relaxation flowing down your body like ice melting into water.

6. Imagine your body is becoming numb. Now breathe very slowly through your nostrils. Take a little longer to exhale than to inhale. Repeat the cycle 5 times. Then gently let your breathing return to normal.

7. Now concentrate your mind on your breathing. Visualize the air entering through your nostrils, filling every cell in your lungs, and then coming out again. Concentrate on your breathing, but do no control it. Let it flow normally. Continue for 1 or 2 minutes. Feel your body become heavier.

8. Now feel the gravity pulling you downward. Feel your own weight. Notice how the weight of your head, shoulders, chest, abdomen, hips, hands and legs has

increased. Imagine they are becoming heavier and heavier and finally becoming numb and lifeless. Imagine the cells of your body are no longer living cells, but have been transformed into grains of sand.

9. Imagine your whole body is made of sand. Visualise the grains of sand shedding off from your body. Your fingers, hands, legs, chest, abdomen and thighs are melting into a pile of sand. Imagine, as clearly as you can, that your whole body is lying on the floor as a pile of sand.

10. You are just a pile of sand. Now imagine a cool wind blowing from the north. The wind is getting stronger and stronger. The windstorm is blowing away the grains of sand in every direction. You don't have a physical existence any more! All you have is your mind, your consciousness. You are completely relaxed. The frequency of your brain waves has dropped from the Beta to the Alpha level. You have reached the 'Alpha Station' on the way to your Quantum Home. Here there is a special waiting room just for you.

    Now tell yourself, 'From the Alpha Station I am now going to the deeper levels of my mind— to my Quantum Home. As long as I am there, any unnecessary external noise will only make my concentration deeper. However, if there is a fire, an earthquake or any other kind of emergency, I will spontaneously return to my normal conscious state and take quick and appropriate action.'

11. You are now going to start a mental countdown from 19 to 0 to reach your Quantum Home. As you think 19, imagine you are being showered by a sublime blue light. A long path of light has been created. This path leads to the deeper levels of your mind. Count 18, 17, 16, 15, 14, 13, 12, 11. The path of light is taking you deeper and deeper into your mind. Continue counting

down. 10, 9, 8, 7, 6. You are going deeper and deeper. 5, 4, 3, 2, 1, 0. You have reached your Quantum Home. Let a feeling of complete peace and happiness engulf you.

12. Your Quantum Home is your ideal place of relaxation. It is surrounded by your favorite natural environment. When you come here, tension, tiredness and lethargy dissolves in an instant. Feel secure and happy, as a child feels in mother's lap.

13. Take a couple of minutes to enjoy the beautiful natural surroundings. Take in the vibrant greenery of the dense woods, the color and fragrance of the flowers, the chirping of the birds, the murmur of the springs, the roar of the sea. Pay attention to every detail, touch everything, feel everything.

14. Now enter the living room of your Quantum Home and sit comfortably.

15. The Quantum Home is a powerful state of consciousness. As soon as you reach this state, your immune and healing systems become activated and energized. The mind can better utilize the immense capacity of the brain for the benefit of yourself and others.

16. Your brain readily accepts autosuggestions in this state. So, for future benefit, tell yourself, 'In the future whenever, with the intention to meditate, I close my eyes and say or hear the words, Relax! Relax! Relax! all unnecessary mental and physical activities will cease and I will feel completely relaxed. Then, after I count down from 19 to 0, I will reach my Quantum Home.'

    You are now ready to start practicing the autosuggestions you chose. Repeat them one by one in your mind. Repeat each one between 20 and 100 times.

Continue practicing as long as you want.

17. You have finished practicing autosuggestions. You are now ready to return to normal conscious state. Take a long deep breath. Tell yourself, 'When I finish counting up from 0 to 7, I will return to my normal conscious state. I will be revived and rejuvenated.' Now start counting. 0, 1. Feel the sand grains returning to form your body. 2, 3. Take a long breath. Feel the sand grains transforming into healthy living cells. 4, 5. Take another long breath. Your body has been nicely reconstructed and is vibrant with new life force. Tell yourself 'After I finish counting up from 0 to 7, I will open my eyes and be wide awake. I will not feel any pain or discomfort in my head, neck, shoulders, or any other part of my body. I will be refreshed and energized. I will feel lively, elated and exuberant.' 6, 7. Open your eyes. Gently move your head and shoulders. Stretch your legs. Move your arms and hands. Say loudly and joyfully, 'I am feeling better. I am feeling better.'

Practice in this way as often as you can. Don't worry about whether you are doing it right or not, just keep on following the process. If you don't feel comfortable going through all these steps by yourself, you can easily download the relaxation file from Quantum Foundation's website free of cost at quantummethod.org.bd. My voice will guide you through the steps. All the best!

Relaxation

Short Process

If you have practiced relaxation in the long process for some time, you are now ready to reach your Quantum Home through a shorter process. The first four steps, i.e. the preparation and the abdominal breathing, are the same as the long process. After you have completed the cycle of abdominal breathing 6 to 10 times, let your breathing return to normal. Then :

Inhale very slowly through your nostrils. Exhale very slowly, also through your nostrils. Take a bit longer to exhale to inhale. Repeat this cycle 5 or 6 times. Your body will gradually become more relaxed.

Now concentrate on your breathing. Visualize the air entering through your nostrils, filling every cell in your lungs, and then coming out again. Concentrate on your breathing, but do no control it. Let it flow normally. Continue for 1 or 2 minutes. Feel your body become heavier.

Now repeat in our mind the special code words, 'Relax! Relax! Relax!' You do not have a body anymore. All you have is your mind, your consciousness. You are now completely relaxed. The frequency of your brain waves has dropped from the Beta to the Alpha level. You have reached your 'Alpha Station' on the way to your Quantum Home.

From here on, follow the same process described in the longer version. After you return to the normal conscious state, say loudly and joyfully, 'I am feeling better. I am feeling better.'

Glossary

Proactive and Reactive Attitude

Being proactive means being in charge of yourself. It means deciding your course of action in the light of your values and goals and not as a reaction to someone or something. It means being cool and level headed under all circumstances. Being proactive also means being positive and optimistic. It means starting with what you have instead of waiting for what you don't have.

On the other hand being reactive means ceasing your control to others. When you let others make you hurt or angry— you let their flattery melt you or their criticism disappoint you— you are being reactive.

True Faith

When we connect to our inner selves— our field of pure potentialities— through meditation, we acquire a kind of faith that is natural and spontaneous, not rigid or forced. True faith liberates us from all internal and external bondage, helps our talents blossom and transforms the boredom of day-to-day life into joy.

Quanta Sign and Sound

The participants of the Quantum Method Course are conditioned so that every time they make a specific gesture or utter a specific word they instantly reach the meditative level. For Quantum graduates the sign is usually the *gnana mudra* or forming a circle with the thumb and the index finger. You might have seen the Buddha's hand in this

gesture in a statue. The sound is usually the Arabic word *qun,* which simply means *be.* Everyone however, is free to choose their own sign or sound.

Monchhobi

A mental image or vision of your goal. When we start believing in the image imprinted on our mind, the mind transforms it into reality by utilizing its immense power. The process of monchhobi is thus the process of attracting success and good fortune by visualizing our goal again and again.

Observing Silence/ Golden Silence

A very powerful form of meditation in which you remain silent for a long period of time (at least four hours) and concentrate on specific thoughts, or at a more advanced stage, become thoughtless.

Pranayama

Any of the breathing techniques practiced by the ancient spiritual masters that enhance your life force, gives you energy and vitality.

Quantum Yoga

A simpler and easier version of ancient yoga.

Sangha

An association of honest and enlightened people. Talent and humanity can only blossom fully in the shelter of the sangha, that is why the ancient spiritual masters stressed their importance.

The Unique/ The Exceptional/ The Enlightened

The fully evolved human being. One who possesses a warm heart and a cool brain. One who has fulfilled his potential by unleashing his inner power, who has risen above narrow self interest by awakening the universal love in his heart.

Quantum Method

Quantum Method is the science of wellbeing. It starts with helping us change our attitude. The new attitude gives birth to new dendrites, i.e. new connecting paths between the neurons in our brain. The brain becomes active and vibrant. The new working structure of the brain gives birth to new thoughts, words and deeds. Anxiety dissolves in peace, disease in health and success in failure. We live long, healthy, active and strong.

Quantum Method Meditation

Quantum Method Meditation is an ageless meditation technique that can be used for both earthly and spiritual benefits. It is a harmonious blend of the timeless methods of the ancient spiritual masters and modern scientific techniques. We have guided meditations for diverse purposes such as relaxation; overcoming anger, sadness and guilt; goal visualization; self healing; and improving family life. These simple but compelling meditations will awaken your inner power. As your inner world changes so will your outer world.

Meditation Audio
Free Download

Whenever you say 'Yes, I can!'
it changes your universe.
So always say

I can think.

I can fast.

I can wait.

I can love.

I can serve.

I am unique.

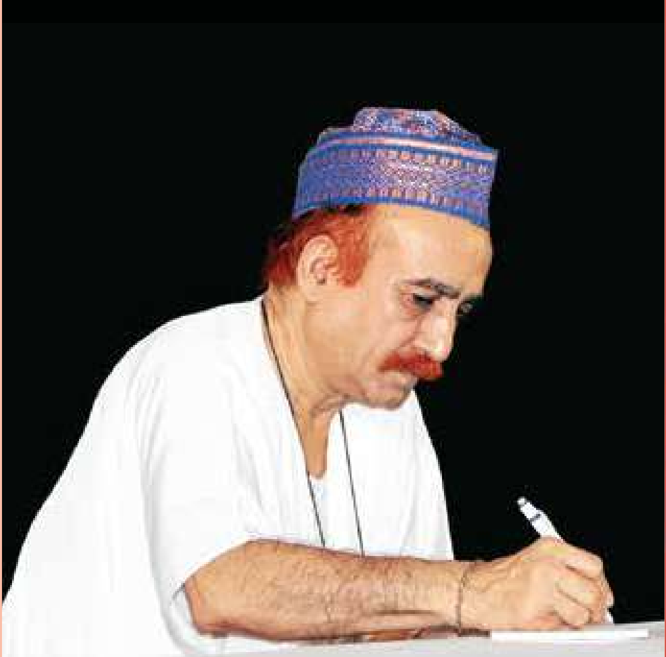
I am invincible.

I will live forever in the heart of millions.

Dear reader,

Any suggestion concerning this book, such as improvement of language or inclusion of new themes, will be deeply appreciated. Please contact us at :

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Mahajataq

Shahid El Bukhari Mahajataq is the pioneer of post-modern meditation practice in Bangladesh. He developed Quantum Method, the Science of Living for modern people, and has conducted more than 481 Quantum Method Meditation Courses in the last three decades. This is an unprecedented event in the history of meditation practice.

He is the author of 'Quantum Method', the most widely read self-development book in Bangla. Among his other acclaimed books, *Al Quran Bangla Mormobani* and *Hadith Sharif Bangla Mormobani* have been printed more than lac copies which shows their great acceptance.

Quantum is the Science of Living for modern people. Its purpose is to enable the complete blossoming of human potential by applying universal truths and scientific principles. Its monchhobi or vision is to guide mankind in inner awakening. In the last three decades millions of people from all walks of life have transformed their anxiety into peace, disease into health, failure into success, and scarcity into abundance by practicing Quantum Method. You too can change your life by applying this science of wellbeing.

শহীদ আল বোখারী মহাজাতকের লেখা অন্যান্য বই

- সাফল্যের চাবিকাঠি কোয়ান্টাম মেথড
- আত্মনির্মাণ
- জীবন বদলের চাবিকাঠি অটোসাজেশন
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- শুদ্ধাচার

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